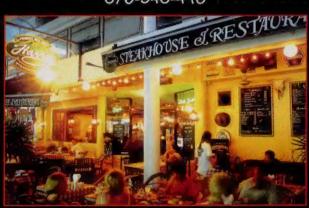
Phuket

Harrys Steakhouse & pub





Soi Patong Tower 100 meter from Macdonalds 076-340-418



Harry karon 076-398258 www.harrys.se/karon

Good Value, Fresh, Home Cooked International Unisine JOYKSMINE Restaurant & Sports Pub 169/16 Soi Sansabai, Patong Beach, Behind Rock City page Biner





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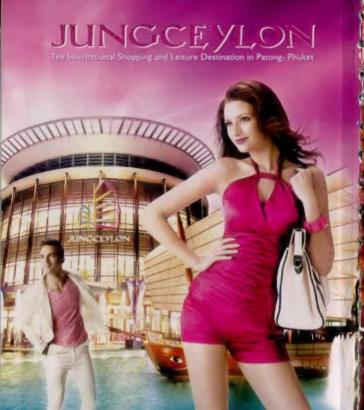


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Email: info@jungceylon.com, www.jungceylon.com















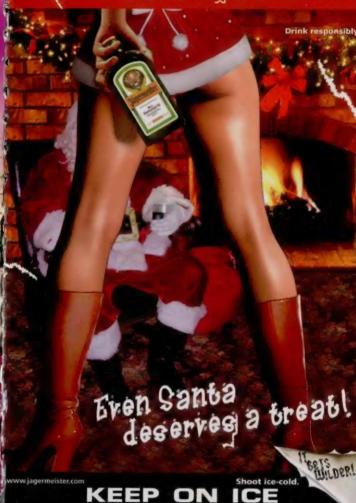








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Phuket STop Picks



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Viva Mexico

Patong first and finest Mexican restaurant on Patong Beach Road before Holiday Inn Tel: 076-346-065

You haven't done Phuket until you're:

- Visited Wat Chalong and had your fortune told the ancient Chinese way utilizing small numbered sticks.
- · Had dinner at Baan Rim Pa.
- Taken a late afternoon drive along the cliffs between Kata and Rawai Beach and enjoyed the sunset at Promthep Cape.
- Taken an early morning horse ride along the beach at Bang Tao or Nai Harn.
- · Visited the local fresh food market in Phuket Town.
- Rented a hobie cat or windsurfer and headed out into the Andaman Sea.
- Enjoyed a late night snack from one of the many sidewalk vendors.
- Spent an evening at Simon cabaret and had a look at the boys who would be girls.
- Visited one of the prominent antique and fine art showrooms.
- Satisfied your appetite for hearty, old-fashioned, home-style pub food and the island's best imported and local draught beers while listening to great live music at Molly Malone's or Scruffy Murphy's.
- Chartered a professional deep sea fishing boat and headed out at night after the fish.
- Been to the intimate and elegant Playhouse Theatre to enjoy their unique theatrical cabaret performance.
- Ordered custom-made clothes at distinctive tailors at bargain prices.
- · Experienced a relaxing massage on the beach.
- Visited the Gibbon Rehabilitation Center near Bang Pae Waterfall or returned your love for Phuket by sponsoring an innocent and needy dog at the Soi Dog Foundation (www.soidog.org).
- Taken advantage of the high quality medical and dental treatments available at a fraction of the price back home.
- Gone exploring the hongs of Phang Nga by canoe with one of the more reputable canoe tour operators.
- Treated yourself to the heavenly luxury of a traditional Herbal Sauna / Massage.
- Purchased a Phuket T-shirt for those who had to remain at home!
- Used scuba or snorkel gear to swim with the incredibly beautiful and varied creatures of the Andaman Sea.
 Gone island and reef hopping with your own speedboat.

Phuket

Tearl South

Located in the sparkling, green waters of the Andaman Sea just 70 minutes flying time south of Bangkok, Thailand's most popular beach destination has everything you could possibly want on a holiday; beautiful beaches.



some of the finest resort hotels, watersports, exquisite seafood, international and Thai cuisine, mountains, forests, temples, coral reefs, turquoise seas and tropical sunshine all in plentiful proportions. Whether you are looking for a quiet corner to enjoy a romantic retreat or an action packed time with plenty of colourful night life. Phuket has it all.



First mentioned in Malaysian literature in 1,200 AD., Phuket has had an interesting history with influences from both East and West, including the British. In 1785 a five-week invasion by the Burmese was repulsed thanks to the ingenuity of two sisters, since elevated to national heroines. Realising they were outnumbered, Chan and Mook persuaded all the island's women to dress up as men thus fooling the Burmese into believing that the island was too well defended. In fact the island's governor had just died and the Thais were leaderless. As you drive to your hotel from the airport you will pass a statue, located in moundabout, honouring the two sisters.

During the last hundred years, Phuket has established its economic importance with the mining of tin and growing of rubber, although nowadays most tin mining activities have been replaced by tourism. ©

SOME HELPFUL BASICS ABOUT PHUKET TO GET YOU ORIENTATED QUICKLY

Business Hours

Most offices open from 9 am to 5 pm, Monday to Friday, except on and around public holidays when business hours may vary widely. General banking hours are Monday to Friday 8,30 am to 3,30 pm. Many stores are open 12 hours a day, seven days a week.

Electricity

Electricity in Thailand is 220 Volts AC at 50 cycles. Several different plugs and sockets are in use, so travelers will need to be aware of this when using shavers, tape recorders or other appliances that require power mains. A plug adapter kit can be purchased in Phuket. There are occasional blackouts and power variations, especially during rainy season. Care should be taken to protect delicate equipment like notebooks.

Photographic Facilities

Most popular brands and types of film are widely available in Thailand and in Phuket. It is advisable to bring any special photographic equipment or film from home as supplies may be limited here. Film processing is widely available and one-hour service is common.

Postal Services

The post offices are usually open from 8 am to 4.30 pm. The Thai post service is usually reliable. Important items can be sent by Express Mail Service (EMS). This is faster and safer but the cost is higher. Private air couriers like DHL and UPS have representatives on Phuket.

Telephone Services

International calls can be made from the post office, most major hotels, some travel agents and private international telephone offices dotted about the island. For international direct dialing (IDD), dial 001 + country code + area code + phone number.

E-mail Services

There are also several Internet Cafes in the small communities around the island and especially in the more developed tourist locations. For those with a laptop computer, access to internet service providers is possible through one of the many computer shops throughout the island.



Climate

The climate of Phuket is tropical and therefore warm throughout the whole year. At the same time it is dominated by the monsoon winds that bring about seasonal changes from dry to wet. The

monsoon winds change prevailing direction according to the season. This was an important aspect of navigation for the sailing ships in the Middle Ages. There are two very hot periods of weather on Phuket, the first between April and May when the average temperatures range from 30 to 36 degrees Celsius and only the occasional tropical thunderstorm brings relief from the heat. It is also very hot between September and October but the frequent rainfall has a wonderful cooling effect. The Southwest monsoon, from March to September, occurs when the sun is directly over the equator, the asian continental mass heats up more than the surrounding Indian Ocean. Moist, hot air is drawn from the sea to the land causing a south westerly wind to blow over Phuket bringing rain & inclement weather to the west coast of Southern Thailand. The Northeast monsoon occurs when the sun shines from the south, the Indian Ocean gets warmer and consequently the north eastern monsoon blows, bringing sunny skies and beautiful weather to the entire region.

Codes of Behaviour

Thais are flexible in nature and understand very well, that foreigners can not know their code of behavior. Mostly, they are too polite to complain about anything you do out of ignorance. But to earn some respect from their side, it is important to show proper behaviour. Showing respect - Most important is to show respect for the monarchy in any way. Thai people are very fond of and loyal to their king and queen and the whole royal family. The religion should be respected as well. Temples, Buddha statues or monks (it is not allowed for a woman to touch a monk, for example) are to be revered. Buddhist and Chinese shrines are open to foreigners but you should dress appropriately when visiting. Shorts and sleeveless shirts are discouraged. A non-muslim can enter a mosque except during prayer time. Hilltop



houses have special spirit rooms, which are closed to outsiders; entering them will violate their sanctity. Thais are amenable to being photographed but, if in doubt, ask first. Monks can be photographed and Buddhist ceremonies as well. Thais regard

the feet of lower stature so do not point them at others or step over those seated or lying. Remove your shoes before entering a Thai temple or house. Likewise, head is of high stature and is not supposed to be touched or stapped. *Tipping and Bargaining*: Although tipping is not expected or required, it is a nice gesture to leave a small amount, when you receive good service.

Most restaurants, bars, supermarkets, department stores, pharmacies, public transport (except taxis and tuk-tuks), and larger hotels do not offer discounts. On the other hand, nearly any independent small business, from jewelry stores to street vendors, are open to bargaining. But of course, you cannot take a discount for granted right from the start, so all discussions should be done in a friendly manner. Clothing - Thailand is a country in the tropical region, so light, loose cotton clothing is most recommended. If visiting mountainous areas or national parks, a sweater is of use. Especially when exploring the night-life, tight dresses and miniskirts are no problem. On the other hand, naked sunbathing or topless appearance in public places is considered rude and is generally not accepted. Criminality - Thailand is one of the friendliest and safest travel destinations in the world. Your personal safety is taken well care of in Phuket and the tourist police demonstrates a polite and competent attitude all around, By travelling with confidence, being aware and showing the proper caution, you will surely enjoy your stay.

Tourist Safety

Since the catastrophic tsunami in December, 2004, the Thai authorities have installed a sophisticated warning system to alert the public of possible incoming tsunamis. While on or near the beach, if you hear loud alarm sounds being broadcast over the entire beachfront area, please consider the need to evacuate the beach area immediately. Aside from protecting yourself from natural disasters, there are some things travelers to Thailand should watch



out for. Pickpockets are more likely to be found in tourist areas, on buses, at festivals, and at boat harbors, so keep an eye on your valuables. Bring only what you have to, and leave all valuables in your hotel safe. Credit card fraud is not uncommon in Thailand, so be cautious with your cards, even those left in your hotel room and allow them to be used only at reliable places of business. Visitors have also been robbed after a stranger who has befriended them, slips a sleeping drug in their food or beverage. Do not accept food or drink from strangers. Tours or shopping bargains - if you do go on a tour or dive, try to do so with a reputable company.

The People of Phuket

Official Phuket records reflect a local population of around 200,000 inhabitants. The two main population centers are on opposite sides of the island. On the east coast is Phuket Town, the capital and on the west coast is Patong Beach, Phuket's center of tourism. The residents of Phuket are Thais and Chinese who migrated from the mainland to work in tin mines,

Muslims of Malaysian extraction who came to work in the rubber plantations and the *Chao Lev* or sea gypsies, one of the earliest groups to inhabit Phuket. The Chinese represent around 35% of the island's population. Fley differ from those who settled in Bangkok and other regions of Thailand, as they arrived mainly from the Hokkien region of China as did those now

Hokkien region of China as did those now living in Singapore and Malaysia. As elsewhere in Asia, many of the Chinese have now become fully integrated into Thai society and many of them own businesses both large and small. Collectively, they are responsible for a large part of the trade volume on Phuket and their influence is visible in many places such as the Chinese temples on Phuket or the annual Chinese Vegetarian Festival in October, a major tourist attraction of Phuket. The influence of the Indonesian and Malayan culture is also apparent in the ethnic makeup, language, art and religion of southern Thailand. About one third of the Thais living on Phuket are Muslims. Concentrated mostly around Surin and a few other big villages, they work as rice and rubber farmers. In addition to the Thai and Malay languages, many also speak 'Yawi', an ancient dialect of the Malayan language.

Entertainment

Patong Beach is the center of all tourist oriented nightlife on Phuket. Here, located within a half kilometer's radius of Soi Bangla, are hundreds of small bars, pubs, gay bars, and go-go bars. Clearly, with so much variety on offer, these bars are

the most popular destination for nighttime activity. They give the town its unique flavor of a lively, fun place until long after the sun goes down. Who doesn't enjoy taking in some hot, live music, which is exactly what you're in for at Molly Malone's Irish Pub. Patong Beach features some great discos too. Four of them, Banana, Dragon, Seduction and Tiger, are also located near Soi Bangla. Another one, the Safari Pub, is on the hill towards Kata Beach. Lined up next to each other in long rows around Soi Bangla, the bars and pubs of Patong Beach are probably the most popular nighttime destination for most visitors. Most of the bars are small and simple with stools or benches and some kind of roof. The music can be loud and often very mixed as each bar has its own stereo system. The volume of music can make conversation difficult but a fun time is to be had by all. The atmosphere in easy

and relaxed as it is very easy to take a seat in one of the many bars or pubs and enjoy people-watching as there is always a sea of human beings moving around you. In season, Phuket is awash with people from many different countries and Patong Beach in particular becomes a very cosmopolitan place. People who finish days diving, sunbathing or sightseeing enjoy congregating in these places to meet and party on into the night. There is a wide variety of bar sports to play with any of your new found friends. Games such as banging a nail into a tree stump with a special hammer are quite popular and can get quite funny after a couple of beers. Some of the slightly larger bars have pool tables (for as cheap as THB 20) and dart boards, giving the opportunity do something more than just drink. For those who prefer the gay scene, venture over to the Royal Paradise complex, you won't be disappointed. If you are not familiar with Go Go bars from TV documentaries or Hollywood movies, here you find a short introduction into what Go-Go's are all about. A Go Go Bar is a place, where you can watch girls dancing to energetic music clothed in nothing more than a string bikini. These girls are not totally nude, as this is officially prohibited by Thai law. The girls may interact with the customers during the time they are not dancing. They are not owned in any way by the bar and if they want to share their time with the guest, it is their decision to make. If you enjoy the company of a particular lady and would like her to accompany you perhaps to dinner or a disco, it is customary to pay the bar a fee, since if she accompanies you, she is no longer assisting the bar by providing entertainment. Anyway, if you have an open mind, visiting a Go Go Bar will surely give you a unique insight into this aspect of tourist entertainment.





You and the Law

Respect for the police is a must and rude talk or shouting should be avoided in every ease, guilty or not. That police officers have much greater powers of action than for example their European counterparts and will not accept disrespectful behavior. Common Offences such as not wearing a helmet will get you a 300 Baht fine and a 2 hour wait at the local police station to pay your fine. Parking on the wrong side of the road will get your bike or car chained up and another long wait to pay your fine. The trick is to know which side of the road to park on. Just look to see where everyone else has parked and park on that side of the road. If you rent a motorcycle and you get involved in an accident, you will pay for all the damages regardless of you're right or wrong. Basically that's the way it is, motorcycles are not insured and the Thai Police will take the side of their follow countrymen over you in any dispute. Having said that, the tourist police in Phuket are also aware of the at money exchange booths) so if you feel that you've been done an injustice then stand your ground, remain cool at all times whilst awaiting their arrival. Call them at Tel: 1699 toll free. @



One of the Greatest Joys of Thailand and especially Phuket is its superb cuisine. Seafood fresh from the Andaman sea is abundant and combined with the large variety of European restaurants, the choice is immense. So if you're not sure where to go or what to eat, let us recommend the following restaurants to you.

This list has been compiled as a quick reference for you. If you would like further information on what the specialities of each restaurant are then check our listing guides for Patong, Kata/Karon and around the Island.

Type of Food	Restaurant	Location	Tel
American/Scand	Harrys	Patong Beach	076-340-418
	Harrys	Karon Beach	076-398-258
	Karon Cafe	Karon Beach	076-396-217
	PG's Dines	Patong Beach	076-340-904
BBQ/Smoked	BBQ Hut	Patong Beach	086-947-6575
Chinese	Hung Fat's	Patong Beach	076-290-288
Danish	Rottehullet	Patong Beach	086-941-8052
Dutch	The Old Dutch	Patong Beach	076-341-380
English	The Green Man	Chalong Bay	076-280-757
	The Islander	Patong Beach	076-342-685
European/Thai	Joy's Cafe	Patong Beach	076-342-448
	Mom Tri's Kitchen	Kata Beach	076-330-015
	New Friend	Karon Beach	081-895-8604
	The Boathouse	Kata Beach	076-330-015
German	Grillhütte	Patong Beach	076-341-456

Type of Food	Restaurant	Location	Tel
Indian	Baluchi	Patong Beach	076-292-526
	Baluchi	Karon Beach	076-284-555
	Navrang Mahal	Patong Beach	076-292-280-1
	Navrang Mahal	Karon Beach	076-286-464
International	The Dining Room	Karon Beach	076-398-350
	Two Chefs	Karon Beach	076-286-479
	Two Chefs	Kata Beach	076-284-155
Italian	2 Gusti	Potong Beach	076-209-124
	Borsalino	Patong Beach	076-292-526
	Da Maurizio	Patong Beach	076-344-079
	Paciugo	Patong Beach	076-342-359
	Pasta & Noodle	Karon Beach	076-398-462
Mediterranean	The 9th Floor	Patong Beach	076-344-311
	Bar & Restaurant		
	The Cliff Restaurant	Karon Beach	076-286-300
	Mamma Mio	Patong Beach	076-340-418
	Mom Tri's Oasis	Kata Beach	076-330-423
	White Box	Patong Beach	076-346-271
Mediter-Asian	The Cliff Rest.	Karon Beach	076-286-300
Mexican	BBQ Hut	Patong Beach	086-947-6575
	Viva Mexico	Patong Beach	076-346-065
New World	Joe's Downstairs	Patong Beach	076-344-254
	Joe's South	Kata Noi Beach	076-285-385
Scandinavian	Rainforest	Patong Beach	076-344-606
	Skål	Patong Beach	076-340-583
Steakhouse	Horn Grill	Kata Beach	076-285-173
	Hill Steak Bar	Patong Beach	087-385-7793
	Rico's	Patong Beach	076-342-359
Thai	Baan Rim Pa	Patong Beach	076-340-789
	Laypang	Bang Tao Beach	081-787-6960
	Locanda	Kata Beach	076-330-087
	Mom Tri's Gung	Kata Beach	076-333-568
	The Busakorn	Patong Beach	076-340-608
	White Box	Patong Beach	076-346-271
Thai/Inter'l	Anchor Inn	Chalong Beach	076-281-329
	Friendship	Rawai Beach	089-728-5304
	Beach Bar		
	Joy's Cafe	Patong Beach	076-344-770
	Nikita's	Rawai Beach	081-272-0561
	White Orchid	Kamala Beach	081-892-9757
Tropical	Las Margaritas	Karon Beach	076-396-217

Phuket's





Phuket's No 1 restaurant, specializing in Royal Thai cuisine. Spectacular location with panoramic ocean views from Patong to Kalim. Winners of the Wine Spectator Award of Excellence 2002, 3, 4, 5 & 6. Live Jazz nightly (except Mon) with world renowned musicians Tommy Doyle & Bolek Peplowski. Open daily from Midday until 11:00pm. 223 Prabaramee Rd. (Opp. Novotel) Reservations 0-7634-0789, 0-7634-0768



Baluchi

The only award winning Indian restaurant on the island. Drawing its inspiration from the Beluchistan region near Afghanistan, Baluchi Restaurant serves authentic North Indian food with two Masterchefs from India specializing in *Tandoori* and curries respectively. Located in the Horizon Beach Resort 64/39 Soi Kepsub, Patong Beach.

Tel: 076-292-526 or Horizon Karon Beach Resort in Karon Tel: 076-284-555





Off the beaten tourist path and where locals go, is where you will find the most authentic Mexican food in town, which includes their heaping Nacho Supreme, Enchiladas, Carnitas or Sizzling Fajitas. Salsa is made fresh daily and desserts like Mexico's favorite, Cajeta, or Sweet Potato Pie can be found on the menu. Rat-U-Thit 200 Year Road Tel: 076-340-278





Experience something special. Superb contemporary Italian cuisine, fine wines and a location which is unbeatable. Stunning ocean views with waves crashing on rocks only a few feet from your table. This is not to be missed. Open daily from Midday until 11pm. 223/2 Prabaramee Rd. (Opp. Novotel) Tel:0-7634-4079, 0-7634-4276



The Grillhütte has been serving delicious German and Austrian food since 1983. Choose one of

over 100 well prepared dishes and enjoy it with an imported German Beer, 144/3-5 Thaweewong Road, Patong Beach Tel: 076-341-456



For the lovers of tasteful food and drinks! Harry's menu offers a blend of the cuisines from all over the world - yet, it might be dominated by touches of American & Mexican cuisines. You have to try their great steaks and ribs. All their steaks are imported and prepared by their

Swedish chefs. Harry's Steakhouse & Pub is located in Soi Patong Tower, Patong Beach Road, Tel: 076-340-418



Offering a unique, bright and open-air atmosphere, great ambiance, with a long white

terrazzo bar and comfortable seating. Magnificent views, a delightful sea breeze and the serenade of the surf on the rocks below are all yours to enjoy. Located adjacent to Thailand's famous Baan Rim Pa, Joe's serves light fresh Tapas and a la carte menu with a fine selection of cocktails plus wine. Great for lunch, dinner, sunset drinks or late night fun, Joe's Downstairs is Phuket's place to meet. Open daily from Midday until late. 223/3 Prabaramee Rd. (Opp. Novotel)

Tel: 0-7634-4254, 0-7634-4927





If you are thinking of sampling very tasty and popular Thai dishes, fresh sea food, good steaks or Scandina-

vian dishes, this is one of the best choices to savor in. The CozyThai-Scandinavian Restaurant Skål is situated on the main road, Ratutid 200 Pee Rd. between Hotel Sea Sun Sand and Tony Resort only 200 meters after the big shopping plaza "Jungeeylon". The restaurant has been around since 2005 and they have served numerous satisfied customers, so come and try us and you will be very pleased with the good service and the low prices! We also serve delicious breakfast at very reasonable prices. Tel:076-340583





THE PROPERTY & DEEP

The fully renovated restaurant features sliding floor to ceiling glass windows so THE 9th FLOOR restaurant & bar is the highest open restaurant in

Phuket. It continues its passion for high quality food with some alpine specialties in a contemporary setting. Enjoy the sunset and refreshing sea breeze with cocktails high over Patong, An extensive wine list is available with 150+ different wines. Sky Inn Condotel, Patong, Tel: 076-344-311



Mamma Mia serves up a Scandinavian and Mediterranean grill dining experience with the finest steaks, innovative starters and a great selection of wines. A special of theirs is Charcoal flambéed "Kebabs". For an assorted

indulgence of choice, this will prove to be a place worth visiting. Located on Soi Patong Tower, Patong Beach.
Reservations 076-340-418





White Box, previously a private beach front residence famous

for its exceptional design and location in Kalim, overlooking Patong Bay has developed into an amazing high-end restaurant by their new management whilst creating an even more unique dining experience. This premium restaurant with a minimalist style, themed in white and blue, creates the ideal atmosphere that reflects Mediterranean and Thai culinary inspirations. Located 1 km. after Novotel Patong on the left hand side. Reservations 076-346-271





Highly regarded Two Chefs serves delicious and exciting tastes from various cuisines from all over the world. The

creative touches and experience of the Swedish chefs plus staff, forms a special combination that offers an extraordinary and memorable evening which needs to be tasted! Located in South Kata Beach, opposite The Boathouse, Tel: 076-284155, Kata Center, opposite Hotel Peach Blossom, Tel: 076-330065 and Karon Beach, next to Karon Café, Tel: 076-286479



2 Gusti

2 Gusti is a chic restaurant serving guests an authentic Italian dining experience that begins instanta-

neously upon arrival. Colorful mismatched wooden chairs in a small intimate dining room offering booth and table seating creates a warm, casual atmosphere that is enhancing. They also have an open kitchen environment that exudes an interactive dining experience that can be enjoyed through the showcasing of cooking. Open daily from 11:00 - 23:00 hrs; Central Festival Phuket Town. Reservations 076-209-124 or info@2gusti.com



A fine selection of Mediter-Asian cuisine prepared and served 'in the heavens' of Karon. Enjoy pre-dinner sunset drinks from 5:30pm until 6:30pm every evening with sweeping panoramic views over

Karon Bay. Come and 'dine with the Gods', the food is just divine. The Cliff at Centara Villas Phuket is located on the coastal road between Patong and Karon. Tel: 076-286-300-9





The exotic restaurant, Rainforest is located in Soi Kebsub next to Horizon hotel. It welcomes you to

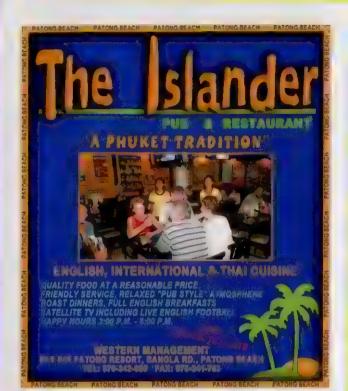
one of Patong's nicely decorated restaurant, in a jungle atmosphere with waterfall's, aquariums and much more. You will be surprised at the atmosphere and food here! Here we serve you fresh seafood, the best and most popular Thai dishes, and also good steaks plus Scandinavian dishes. Everything is made from the best ingrediense and cooked by our experiences Thai and Scandinavian chefs, and possibly has Patong's best prices. Come and try us and you will be impressed! Tel:076-344-606





Is one of the most popular restaurants on the island of Phuket. This is thanks to its

delicious food, their good and professional service, as well as the fantastic dining atmosphere. At Rico's, the very best chefs of Sweden are working with quality imported products available. Located in Patong, Soi Bangla Square, Tel: 076-342-359. In Kata at Kata Center, Taina Road, Tel: 076-333-536 & Kata Road, Tel: 076-330-296



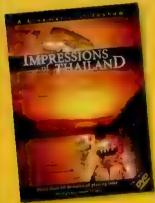
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Welcome to Patong Beach

Patong Beach is the center of all the action in Phuket.

Located 15 kms west of Phuket Town, Patong's 3 km sandy white beach slopes gently into the turquoise waters of the Andaman Sea. It is a myriad of sights, sounds and smells as you discover its unlimited shopping opportunities, restaurants,

hawker food stalls, shopping malls, beer gardens & bars. During the day there's a real cosmopolitan atmosphere as you stroll down the esplanade seeing people from all over the world. During the evening when the sun goes down, the action starts to hot up with the bars and nightclubs coming alive as people start to party, party...

The variety of

languages, attitudes and colour makes Patong Beach culturally diverse

and exciting and this is reflected in its restaurants. Whatever you're in the mood for, Patong has it: There is a great selection of Italian, Greek. Scandinavian, Japanese, Austrian, German, Mexican, French, English, Indian, Dutch, Swiss, Belgian, American, Thai and Seafood restaurants. So if you're looking for a place to eat then check out our dining out guide for the type of food you want to eat. Once you've made a selection refer to the listings contained in this section for a complete overview of

their services.



Baan Rim Pa

Thai

Prabaramee Road, North Patong (opp Novotel Resort) Tel: 076-340-789

Without a doubt Phuket's best-known restaurant Baan Rim Pa has for many years been the example of the finest in Royal Thai Cuisine.

The location alone is remarkable. Open to the sea breezes on three sides, this magnificent Thai style house turned restaurant, provides some of the best views on the island.

Guests are greeted by friendly staff and shown to tables overlooking the ocean and lights of Patong, to the bar for predimer drinks, or around the grand piano where Tommy Doyle at the piano and Bolek Peplowski on saxophone nightly, except Mondays.

Internationally renowned and awarded for its excellence in both taste and presentation, the cuisine at Baan Rim Pa has been described as "too good to eat".

The Cellar, rapidly attaining a reputation as one of the best wine cellars in Thailand, and possibly Asia, houses almost 5,000 bottles of wine. It has been awarded with the prestigious Wine Spectator "Award of Excellence" 2002, 3, 4, 5 & 6.

A visit to Phuket is not complete without the dining experience of Baan Rim Pa.

Open daily: Midday until 11pm Award winning Wine Cellar Capacity: 160 Cocktail Bar. Piano Bar with live Jazz

BBQ HUT

Fine Mexican Food/BBQ Smokehouse /Thui 251 Rat-U-Thid Road, South Patone Beach

Between Marine Inn and Tina House, South Patong

Tel: 076-340-278, Mobile: 086-947-6575

Off the beaten tourist path and where locals go, is where you will find the "Best Ribs in Patong". Slow cooked all day in the island's only smoke pit is what makes this Q, the best mouth watering ribs you have ever had your little hands on, served with their homemade signature Barbecue sauce, only 180 baht, this includes 2 side dishes of your choice and garlic bread, Ask a local... they will point you here to the most authentic Mexican food in town (and cheap), which includes their heaping Nacho Supreme, Enchiladas, Carnitas, Sizzling Fajitas, Burritos, Tacos, Quesdillas and salsa made fresh daily. Come by for a 29 baht Mexican Taco during their happy hour lunch between 2pm-6pm 7 days a week. Try one of their giant 95 baht margaritas or an ice cold Corona Beer with a wedge of lime. Desserts vary from Deep Fried Ice cream to Mexico's favorite sweet, Cajeta (Kah-HEH-tah), also Chocolate Tequila Bread Pudding and don't forget their house speciality, Sweet Potato Pie... made fresh in their kitchen, topped with a thick handmade whipping cream. BBO Hut serves an all day breakfast starting at 8am, choose from a American, Mexican, English or Thai breakfast. Try the popular 75 baht Cowboy breakfast or Huevous Rancheros Mexican style, you won't regret it. Cheap local prices, Good Food, what more could one want?

Open Daily: 8am - 12am midnight - Price Range: B 50-250/person Capacity: 60 - Cocktails: Full bar outside, Wine list Located in the Horizon Beach Hotel 64/39 Soi Kepsab, Patong Beach Tel: 076-292-526

> Ristorante Italiano La Cucina Italiana Sul Lungomare Di Patong

Step inside Borsalino and take a culinary journey through Italy. Traditional authentic Italian cuisine recreated by our chef everyday. The old-fashioned flavor you will always remember. Borsalino takes pride in providing each guest with a genuine Italian dining experience. Our Italian master chef ensures Borsalino's quality and consistency. For the connoisseur's the restaurant boasts of a fabulous & extensive a-la carte menu and wine list. For the budget conscious our chef has created at least ten special set menu's for lunch & dinner at very reasonable prices (300 baht net only). (No additional tax or service charge). We have made authentic cuisine in a good & peaceful atmosphere affordable for regular dining".

SOLO BORSALINO VI GARANTISCE L'ESPRESSA E ORIGINALE CUCINA ITALIANA

Da Maurizio Bar Ristorante

Italian

Prabaramee Road, North Patong (opp. Novotel) Tel: 076-344-079

One of the most romantic locations on the island to dine. This unique restaurant is nestled just above a small beach with waves slapping the shore and rocks only a few feet from your table. Watching the sunset, slipping a glass of fine Italian wine whilst pondering over the superb menu is an experience not to be missed. Maurizio is an aficionado of the finest Italian cuisine and is always coming up with new ideas. He offers everything from live lobster, crab and grouper to homemade pasta's and wood-fired pizza along with home made desserts to die for. Superb Italian cuisine, fine wines and breathtaking views... this is Da Maurizio's.

Open: Daily from 12:00 until late Fine wines and cocktails

Capacity: 70

Although we have spared no efforts in compiling information in this book, we will not be responsible for any errors or omissions.

Grillhuütte

Restaurant / Guesthouse

144/3-5 Thaweewong Road, Patong Beach

Tel - 076-341-456 Fox: 076-340-128

E-mail: info@grillhuette.com

Serving our customers since 1983 with home cooked German-Austrian dishes as well as traditional Thai cuisine. Choose from over 100 dishes all prepared with the finest imported ingredients. Enjoy your meal with real German beer or Schnaps. Sample our Schweinshaxe, Kassler with Sauerkraut or Nürnberger Würste.

Feel home at our new Guesthouse (just across the old Restaurant). All rooms are very well decorated, with Air-condition, TV, Fridge and Safe, Only 100 m from the beach. Reasonable prices.

Fühlen Sie sich wie zuhause, in unserem Restaurant (seit 1983) oder in unserem neuen Gästehaus. Wählen Sie zwischen mehr als 100 Deutsch/Österreichischen Gerichten, Gemütlichkeit und Sauberkeit zeichnen uns aus.

Alle Zimmer in unserem Gästehaus sind sehr geschmackvoll eingerichtet und bieten Ihnen sämtlichen Komfort wie Klimaanlage, Fernseher, Kühlschrank und Tresor. Deutscher Besitzer.

Harry's

American/Scandinavian

Soi Patong Tower Patong Beach

Tel: 076-340-418

We're lovers of tasteful food and drinks - but aren't we all? In our menu you will find a blend of the cuisines from all over the world - yet, it might be dominated by the touch of the Italian, American, Thai, and not to forget - Swedish cuisines.

Vi älskar god mat och dryck - men det gör vi väl alla, inte sant? Vår meny består av en mix från nästan alla kök runt om i världen - med en viss dominans från det Italienska, Amerikanska, Thailändska och inte minst - det Svenska köket. God spis, gott folk!

Open: 08:00 - 24:00

Price Range: B 90-450/person Capacity: 120 (inside & outdoors) Cocktails: Beer, Wine, & Full Bar

Joe's Downstairs

New World

223/3 Prabaramee Road

between Nth. Patong & Kalim.

Tel: 076-344-254

Located between Thailand's famous Baan Rim Pa and Da Maurizio's Bar Ristorante restaurants is Joe's Downstairs. Offering a wide array of delicious dishes, desserts, cocktails, wines and other house specialties.

Joe's is not just any bar. A seaside deck, great music and a friendly atmosphere make Joe's a fun place to be any time of day or night. Reservations: 076-344-254, 076-344-927.

Open: Daily from 12:00 until late

Capacity: 50

Joy's Cafe & Guesthouse

Thai/International

5 Aroonsom Plaza, Hadd Patong

Tel: 076-344-770, 076-290-176, Fax: 076-344-769

Email: joyscafe@loxinfo.co.th Website: www.joyscafe.com

Yes, we have moved to our own premises located directly across from the Club Andaman Resort Hotel in Patong Beach, and what's more, we now have 14 air-conditioned rooms including fridge, hot & cold running water, SAT TV, only 2 minutes from the beach. Everything else has stayed the same - we still produce great homemade cooking at reasonable prices. Choose from a wide range of foods including: pastas, pizza, steaks, meat pies, and delicious Thai food. We still have the tastiest cheesecakes and cookies on the island as well as fresh baked breads daily. On Saturday night we still have our special BBQ. Everyone is welcome.

 Open: 7:00 - 02:00
 Price Range; B 200-250

 Capacity: 40
 Cocktails: Full Bar

Navrang Mahal

Indian

58/11 Soi Patong Resort Bangla Road, Patong Beach

Tel: 076-292-280, 089-724-9561, 081-396-3159

Fax: 076-292-281

Navrang Mahal, meaning the "Palace of Nine Colors", offers you more than just a beautiful and rustic atmosphere in a quiet corner in Patong Beach. Where food is concerned, it can be nothing less than good, so Navrang Mahal offers it 3 times: must look good, smell good and taste good. You are served in "brass Katoris" keeping in with the Royal Mughal cuisine of bygone Emperors of India and Afghanistan, Both North and South Indian dishes are prepared fresh by our hereditary chefs. Some suggestions they proudly present: Navrang Korma, Paneer-e-Shola, Reshmi Kebab and many other mouth watering courses. Spices are added to suit individual tastes. Navrang Mahal, the best Indian Restaurant in Patong... Prove us wrong, or get happily surprised. For free pick up in Patong please call us.

Open: 11:00-23:30 daily Free Home/Hotel Pick Up or Delivery! Capacity: 50 (air-con), 20 (outside) Cocktails: Full Bar

Paciugo

Bar-Gelateria

At the end of a small soi (Soi La Diva) off Rat-U-Thit Road

Just opposite the Electric Authority Bldg.

Second location: Bangla Road

Patong Beach

Tel: 076-340-290

Since 1989, the first real Italian bar and ice-cream parlour in Phuket. Located in the heart of bustling Patong Beach, yet enjoying the relative tranquillity of a side plaza.

Come and enjoy the world renowned Italian home-made ice-cream, indulge yourself with a refreshing milk-shake, or just sip the best cappuccino you could dream of (we only use the best "Lavazza" blend).

Now with a second outlet, with in-loco production, just where the action is: in the midst of the notorious Bangla Road; with the additional offering of crispy crepes to satisfy your hunger.

Laid back, yet classy, atmosphere; reasonable prices.

Open: 10:00 - 02:00 daily

Rico's Steak House & Pizzeria (Scandinavian / Italian

95/28-29 Soi Bangla Square Bangla Road, Patong Beach Tel: 076-342-359

Välkomnar dig till en av de finaste Skandinaviska restaurangerna i stan våra proffsiga kockar fran kända krogar i Sverige fixar till de ädlaste köttbitarna från det importerade köttet från New Zeeland till de möraste & saftigaste biffarna. Upplev den otroligt goda laxen, liksom den rökta direkt från Norge. Här nere får du pizzan & pastan precis som den smakar som hemma i stan, och självklart har vi även de klassiska Thairätterna ochså på vår meny

Welcomes you to the finest Scandinavian restaurant in town. Our professional Swedish chefs will prepare premium quality, fine cut, New Zealand meat into tender, juicy steaks. Discover the tastiest fresh Norwegian salmon, stonedbaked Italian homemade pizzas & pastas. And, of course, famous Thai cuisine. Surround yourself with the elegant atmosphere of relaxed music with classic Hollywood star picture and grace hospitality. Rico's restaurant is definitely worth a visit - a visit that is certain to keep you coming back for more.

Open Daily: 16:00 - 24:00 Price Range: B 250-450/person Capacity: 90 Wine, Beer

Rottehullet / Victor R

Danish/Thai

95/14 Soi Bangla Square behind Monte Carlo Tel: 086-941-8052

Rottehullet, formerly located in Soi Sunset, has now moved to a more central location in Soi Viking/Bangla Square off Bangla Road, almost in the heart of Phuket's prime entertainment area. As before, always a guarantee of a good time, and now, a good meal as we have expanded to include a restaurant and guest rooms.

Open: 11:00 till late

Capacity: 40 Cocktails: Full Bar/Wine

THE 9th FLOOR bar & restaurant

Mediterranean / Specialties

47 Rat-U-Thid Rd. Patong
Sky Inn Condotel
for reservation 076-344-311 (after 4pm)
www.the9thfloor.com

The fully renovated restaurant now features sliding floor-toceiling glass windows so THF 9th FLOOR restaurant & bar is the highest open restaurant in Phuket.

It continues its passion for high quality food with some alpine specialties in a contemporary setting. Enjoy the sunset and refreshing sea breeze with cocktail high over Patong.

The well-trained and friendly staff will help you choosing the perfect dinner in a relaxed atmosphere.

The extensive wine list is with more than 150 different wines one of the biggest in Phuket. The selections come from all major wine regions. Only from one country is the large Cuban Cigar selection.

Open: daily 4pm until late

Capacity: 70

Price Range Food: 190 - 1,500 Bht. Price Range Wine: 990 - 20,000 Bht. Full Bar and Cocktails Large Cigar Sortiment from Cuba

THE 9th FLOOR bar & restaurant

Mediterranean / Spezialitäten

47 Rat-U-Thid Rd. Patong

Sky Inn Condotel

fuer Reservationen 076-344-311 (ab 16 Uhr)

www.the9thfloor.com

Mit seinen vollständig zu öffnenden Glas Schiebe Fenstern ist das komplett renovierte THE 9th FLOOR restaurant & bar das höchste offene Restaurant in Phuket.

Die Leidenschaft für qualitative, hochstehende Mediterrane Speisen mit einigen alpenländlichen Spezialitäten findet in einem modernen Ambiente seine Fortsetzung.

Geniessen Sie den Sonnenuntergang bei einer frischen Brise und einem Cocktail hoch über Patong. Die gut ausgebildete und freundliche Belegschaft hilft ihnen den perfekten Abend in einer entspannten Atmoshpäre zu geniessen. Die ausführliche Weinkarte mit über 150 Weinen gehört zu den grössten in Phuket. Es findet sich darin eine Auswahl aus den renomiertesten Weinregionen der Welt.

Aus nur einem Land kommt das auserwaehlte Kubanische Zigarrensortiment.

Offen: täglich ab 16 Uhr bis späht | Preise Essen: 190 - 1,500 Bht. Plaetze: 70 Preise Weine: 990 - 20,000 Bht

Komplettes Bar Angebot und Cocktails Grosses Zigarrenangebot von Kuba

The Famous OLD DUTCH Dutch / Thai / (since 1993) Café/Restaurant/Heineken House/ International

Patong Resort Tower Arcade Tel/Fax: 076-341-380

This authentic Dutch café/restaurant is most likely exactly how the late Freddie Heineken would love it to be. Without any doubt the Face of Heineken in Phuket and definitely the best place to enjoy this world famous Heineken beer.

Refreshingly cold and straight from the keg, it makes you

order Heineken again....and again...and again!!!

Served by our well-trained and friendly staff that hand you drinks with love and care. From 55 baht for a small size glass up to, amazingly, just 120 baht for a big, 1/2 liter, let this cool Heineken freshen you up. To drink it is to Love it!!

Visit our beautiful and relaxing terrace located in what is widely

regarded as the most peaceful and pleasant street in Patong.

Enjoy our excellent service and delicious prepared food or just sit back, sip your drinks and relax. Listen to some quality music played at normal volume and enjoy the atmosphere.

Steaks, chicken satay, Shoarma dishes, snacks, and sandwiches are served.

are served

Our local cooks can prepare you some exotic Thai dishes, as well. Enjoy our promotional discounts: HEINEKEN bottle 80 Baht, SINGHA bottle 70 Baht, CHANG bottle 70 Baht.

Make every hour of your holiday a happy hour; let us welcome you at "The Famous OLD DUTCH".

Het trefpunt voor Nederlanders op Phuket!! Dagelijks de Telegraaf ter inzage.

Verse koffie of een koud Heineken biertje van de tap.

Nederlandse tijdschriften, Douwe Egberts koffie, Heineken tapbier, Bitterballen, Biefstuk, Sate, Kroketten, Broodje Bal, Shoarma, Belegde broodjes. En Frikandellen

U Bent van Harte Welkom in Café/Restaurant/Heineken House

"The Famous OLD DUTCH"

58/9 Soi Patong Resort, Bangla Road, Patong Beach,

Tel: 076-342-685 Fax: 076-341-763

Serving traditional English, Thai and International dishes at reasonable prices in a friendly atmosphere. Try our full English breakfast and daily specials, including roast dinners and homemade pies, After eating you can relax at the cozy bar or tune in to satellite TV for the latest in sports (including English football live!), news, and MTV. Price Range: B 200 - 350/ 2 persons Open: 9:00 - late

Happy Hour 15:00 - 18:00

Cocktails: Full Bar

Capacity: 60 Viva Mexico

Mexican

80/15 Taweewong Rd., Patong Beach Tel: 076-346-065

Patong's first and finest Mexican restaurant serving authentic Mexican cuisine. Try our homemade (prepared with only the finest ingredients): nachos, guacamole, com or flour tortillas, enchiladas, etc., or simply choose from one of our combination plates. Special vegetarian dishes are also available plus we serve Breakfast. Enjoy one of our fresh fruit Margaritas (glass or pitcher) or the best Pina Colada in Patong. Sit in our air-conditioned restaurant, or outside on our patio, and enjoy our Mexican cuisine. VIVA MEXICO!!

Open: 08:30 - 23:00 Capacity: 32

Price: B 400-500 / 2 persons Cocktails: Full Bar

White Box restaurant

Mediterranean, Thai

247/5 Prabaramee Rd., Patong, Kathu, Phuket, Thailand

Reservation:

By telephone: +66-(0)076-346-271 Ext.1 By email: rsvp@whiteboxrestaurant.com

Private driver service:

White Box restaurant provide a free transportation service.

Please call: By telephone: +66-(0)076-346-271 Ext.1

By email: rsvp@whiteboxrestaurant.com

White Box is the most eagerly anticipated dining venue on Phuket Island, Thailand,

White Box is a beachfront restaurant, resting on the sand and

coral beach overlooking Patong Bay.

White Box menu is inspired by both Mediterranean and Thai cuisine and takes full advantage of their culinary wealth and natural proximity to fresh ingredients like seafood, vegetables, spices and indigenous fruit...

The Chef. Vincent Denayer, comes to us direct from the Belgium, and his creations rely heavily on selecting the finest ingredients that Phuket has to offer for quality and freshness.

His innovative use of ingredients, flavor, color and texture together with creative and thoughtful presentation give our guests a truly memorable dining experience.

Our "a la carte" takes you on a journey of sensation through the South of France, Italy, Spain and Greece all the way to the

Kingdom of Thailand.

On top of the White Box our guests can enjoy an astonishing uninterrupted view of Patong Bay in a roof top lounge designed

to make your evening unforgettable.

Details: Outdoor Dining Terrace / Indoor A/C Dining Area -Private Room - Parking Space - Private Driver Service - Wine Cellar -Roof Top Lounge - Live Jazz

Open Daily from 4 pm until late

Capacity: 76 seats including a private room with 8-10 seats.

Private room is subject to 10% extra charge.

Roof Top Lounge capacity: 52 seats (full capacity 80 people).

Yorkshire Hotel (The)

169/16 Soi Sansabai Patong Beach, Behind Rock City Tel: 076-340904, 345258.

www.theyorkshirehotel.com

Restaurant for The York shire group Located in the heart of PatongBeach, THE YORKSHIRE HOTTEL has recently undergone major renovations to the original bar and restaurant, as well as the addition of 28 new Deluxe and Superior Deluxe rooms.

Since acquiring THE YORKSHIRE HOTTL in 2005, Paul Gibson has made comfort, security, value for money, and customer service his top priorities. The appointment of quality staff to key managerial positions within the hotel, ensures a professional environment catering for every need Soak up the atmosphere while supporting your favorite team, and enjoy culinary delights from our extensive Thai and International menu.

Our legendary SUNDAY ROAST LUNCHES are back in full swing, and Toad-in-the-hole has been added to the already mouth

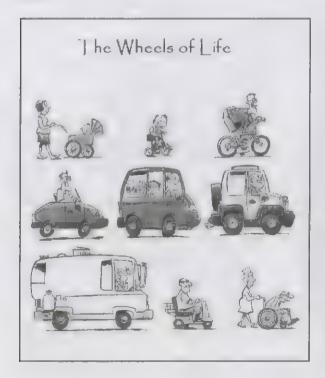
watering menu.

Bring the family, play some pool on the viewing deck upstairs, relax in our cigar lounge area, it is our pleasure to welcome you. We also have American diner style with the best steaks, Burgers, Chicken and ribs on the Island, We are uniquely structured for parties, both large and small. We offer intimate surroundings for quiet get togethers, as well as our magnificent pool area for parties of a more festive nature. Staff parties are very popular around the pool, and we invite Companies to sample our hospitality and friendly service.

Why not try our EAT AS MUCHAS YOU CAN all day CARVERY

- guaranteed to satisfy any hunger.

The menu is extensive and should not be missed during a trip to Phuket.



mom tri's S S

The newest beachfront dining venue from Mom Tri

Oasis On the Sea

Oasis Spring
Tapas Bar
Live Jazz

Red + White Wine Shop







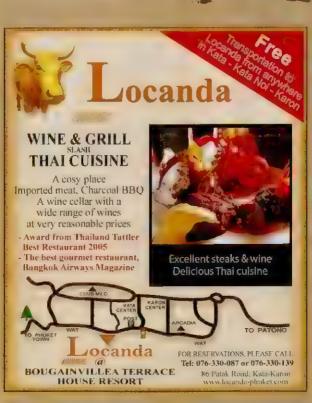
Happy Hour 18:00 = 19:00 hrs

Located directly on Kata Beach 184 Koktanode Rd, Kata Beach, Phuket

076 330 423 info@momtriphuket.com www.momtriphuket.com

Live Jazz - Nightly Wednesday thru Sunday Open daily 10:30 - 23:30 hrs







Mom Tri's Kitchen

Elegant Dining By the Sea

That & Mediterranean Euisine
Awarded Wine Spectator's Award of Excellence
Reservations Call +66 (0) 7633 3569



12 Kata Noi Rd., Kata Beach, Phuket 83100 Thailand E-mail:info@villaroyalephuket.com www.villaroyalephuket.com



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PREPARE THEM WITH CARE
DELL AT LOW FAIR PRICES
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KARON CAPE!

SINCE YOUR, THE PROPERTIES HOUSE IN LARGE BEAUG PRESH IMPORTED BEEF AND INTERNATIONAL CHISME MY COMPORTABLE CASUAL ATMOSPHERE.

LAS MARGARITAS

TROPICAL GUISINE

SPECIALIZING IN MICKANE THA MEDITERRAHEAN AND GALIFORNIA CUIONNE ENJOY THE BEST PAJITAS IN PHUKET WITH A LITER OF PROSTY MARSAKITAS OR FILET MISHON WITH CHILL BEARNAISE SAUGE WITH A BOTTLE OF RED OR BEAFOOD VERACRUS WITH



THE
DINING
ROOM
at
Pacific Club

Pacific Club Resort

Super Rooms Super Food Great Prices Great Quality



www.Karon-Beach-Hotel.com

KATA/KARON

Harrys Restaurant

Scandinavian/American

15/5 Luangpohchuan Road (Opposite Phuket Orchid Resort) Karon Beach,

Tel: 076-398-258, 089-008-8146, 084-761-5076

Website: www.harrys.se/karon, karon@harrys.se

Harrys Restaurang i Karon erbjuder dig som semesterfirare en bred internationell meny. Maträtter med noga utvalda råvaror tillagas med omsorg av såväl svensk som thailändsk personal. Menyn består av Oxfile, fläskfile och biff - stekar, ribs, mexikanska rätter,hamburgare, sallader, pastarätter, pizza, fisk och skaldjursrätter, thailändska rätter, svenska rätter och desserter. Harrys barnmeny innehåller bland annat favoriterna spaghetti med köttförsås, köttbullar med potatismos samt pannkakor med jordgubssylt. I Harrys populära lekhörna visar vi teeknad film varje kväll. Restaurangen inrymmer ca 150 sittplatser inomhus (långbord finns för större sällskap), bar med drinkmeny, en mindre golfshop samt en mysig uteservering med plats för ca 70

Welcome to Harrys Karon Beach! In our menu you will find a blend of the cuisines from all over the world - yet, it might be dominated by the touch of the American, Thai, and not to forget -Swedish cuisines. All our steaks are imported and prepared by our Swedish chefs.

Kitchen Open: 15:00 - 23:00 Price Range: B 90 - 600 / person Capacity: 170 (inside & outdoors)

Cocktails: Beer, Wine, & Full Bar

Horn Grill Steakhouse

International/Thai

2/37 Kata Plaza

next to Siam Commercial Bank, Kata Beach Tel: 076-285-173

A contemporary country-style décor steakhouse and restaurant. Offers a broad selection of gournnet dishes from excellent imported beef and lamb steak to international and authentic Thai cuisine.

Located in the heart of Kata beach with a casual indoor, outdoor, or garden setting, the Horn Grill offers a combination of warm hospitality and exceptional services making for a most satisfactory dining experience.

Selecting a bottle of wine from an impressive list of awardwinning wines to go with your tasty steak is an ideal way to top off your excellent meal.

Complete your dining with a choice of home-made dessert such as caramel cream custard, waffle, or apple pie with custard. Discover for yourself why people keep coming back here.

Open Daily: 11:00 - 23:00

What Makes Chili Peppers Hot?

The heat in Thailand's ominipresent chili peppers comes from capasaicin, a substance found primarily in the placenta of the pepper-the portion attaching the seeds to the pepper. If you scrape out the placenta, you can avoid much of the heat of the pepper. Contrary to popular belief, the seeds aren't the source of the heat.

Joe's South

Located in Kata Gardens on Kata Noi Road between Kata and Kata Noi beaches

Tel: 076-285-385

E-mail: info@joesphuket.com Website: www.joesphuket.com

Bringing the fine dining experience of the Baan Rim Pa restaurant group to a new location, Joe's South opened in Kata Noi this December. Barely a year ago, Joe's Downstairs opened on Kalim Beach and has since become a top choice for both locals and guests to Phuket Island. Now, Joe's delicious tapas, salads, seafood, grilled delights, and desserts can be enjoyed in yet another unique and delightful setting.

The new Joe's South features five glass-enclosed seating sections: three for dining, a bar area, and a deli/bakery with both take-out and eat-in dining. Water cascades elegantly from rooftops and lines the path between each section of the restaurant. The décor is fresh, colorful and contemporary, providing a relaxing and soothing dining atmosphere.

Joe's South offers the same wide selection of refreshing cocktails, spirits, and fine wines as can be found at its sister restaurant up north. The drink list includes a large variety of premium vodka, rum, gin, whisky, and tequila, as well as, imported beers. As with all the Baan Rim Pa group restaurants, Joe's South serves a full jigger-sized portion of alcohol with all drinks.

Friendly and knowledgeable staff are prepared to provide for your ultimate dining experience. Open for lunch through to dinner, and beyond, Joe's South in Kata Noi continues the Baan Rim Pagroup's tradition of excellence.

Please call for reservations 076-285-385. Available for special events and private parties.

Open: Daily from 12:00 until late

Capacity: 100

Karon Café Inn & Restaurant

Steakhouse Style

526/17 Patak Road, Karon Beach

Soi Islandia Park Resort

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

Since 1989, at the first Steakhouse in Karon Beach, Norsk Chef Eric has been serving up Charbroiled steaks using top quality Air-flown (never frozen) Australian and US beef. Karon Café also offers over 30 International full-course dinners including: Tamarind-Orange Duck, Tatiara Mint Lamb, Mexican Chicken, Tasmanian Salmon Béarnaise, USA B-B-Q SPARERIBS, and more. All full dinners include:

FREE "ALL YOU CAN EAT" SOUP AND SALAD BUFFET In addition to the full dinner menu, Karon Café offers over 75

appetizers, soups, salads, sandwiches, pizza, pasta, breakfast, and Thai dishes to satisfy your every desire at a price you can always afford.

The comfortable style, semi al fresco dining room is freshly

decorated with large trees and fully ventilated with a background of soft contemporary Jazz music.

Try Karon Café first and you will always return.

Open: 06:30-23:30 Dinner Price Range: B200 - 595 /person Capacity: 80 Cocktails: Beer, Wine, Full Bar

Las Margaritas Grill & Cantina Tropical Cuisine

528/7 Patak Road, Karon Beach

Soi Islandia Park Resort

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

This sister restaurant of the world renowned Karon Café opened in 1998 serves "Tropical Cuisine" specializing in Mexican, Thai, Mediterranean, and California cuisines. Try Seafood Vera Cruz, Filet Mignon w/ Chili Béarnaise sauce, or New York Strip loin cooked Grilled Pepper Balsamico style.

FREE "ALL YOU CAN EAT" SALAD BUFFET BEST FAJITAS IN PHUKET

The comfortable Spanish Mexican style dining room is freshly decorated with large trees and fully air-conditioned with a background of soft tropical music.

Try Las Margaritas first and you will always return.

Open: 06:30-23:30 Dinner Price Range: B199-399 per person Capacity: 45 Cocktails: Beer, Wine, Full Bar

Locanda, Wine & Grill/Thai Cuisine Churrasceria B.B.O. Grill

At Bougainvillea Terrace House Resort 86 Patak Road, Kata-Karon, Phuket 83100

Tel: 076-330-087, 076-330-139, 076-285-250-1 Fax: 076-330-140

Email: locanda@procom.in.th

Website: www.locanda-phuket.com

Experience the art of fine dining in one of Kata Beach newly renovated open air, Argentinean style grill restaurant.

Top selection of imported and local grain fed beef, minimum six weeks aged, as well as daily fresh seafood and Thai food are only a few items of Locanda's extensive food selection.

Start your dinner at Locanda's air conditioned wine cellar with a glass of one of our wide range old and new world wines at very reasonable prices.

Until late, chill out at our pool side bar and enjoy one of your favorites after hour drinks.

Erleben sie "fine dining" in höchster Qualität, in unserem kürzlich renovierten open-air Grill Restaurant im Argentinischen Stil.

Wir sind bekannt für bestes importiertes Rindfleisch, welches minimum vier bis sechs Wochen gelagert ist. Täglich frischer Seafood und eine reiche Auswahl an Thai Gerichten sind nur ein Teil unseres reichhaltigen Angebots.

Beginnen sie ihr Diner in Locandas klimatisierten Weinkeller und geniessen sie ein Glas unseres enormen Weinangebots zu äusserst fairen Preisen.

Zum Abschluss sollten sie sich an unserer Pool-Bar zu einem Drink oder Cocktait verführen lassen. Südamerikanische Chill-out Musik lädt ein bis spät in die Morgenstunden.

! FREE PARKING OR PICK-UP SERVICE WITHIN KARON AND KATA-NO!!

Open daily: 7:00 - until late Price Range: THB 110-680 Capacity: 100 Cocktails: Beer, Wine, & Full Bar

Mom Tri's Boathouse Wine & Grill

182 Koketanode Rd., Kata Beach, 83100 Tel: 076-330-015, Fax: 076-330-561

E-Mail: fb@boathousephuket.com

Website: www.boathousephuket.com

Directly on Kata Beach with a panoramic view of the bay, the internationally acclaimed Boathouse Wine & Grill is the most fantastic place on the island for sunset cocktails in the seafront lounge and a romantic dinner in its open-air restaurant. The superb Mediterranean, Seafood and Thai fine dining is complimented by an award-winning wine list with over 750 labels of the world's finest wines.

The Boathouse is the first and only establishment in Thailand to have won the Wine Spectator "Best of Award of Excellence" since 2006.

A selection of 26 quality wines, including Champagne, Sparkling wines and Port is also available by the glass.

The restaurant has an elegant, atmosphere and the personalised service is friendly and attentive.

Happy Hour 17.00h - 19.00h:

50% discount on beverages except wine and Champagne.

Thai Cooking Classes every Saturday & Sunday with Boathouse Executive Chef Tummanoon from 10.00 - 14.00h including lunch.

Reservation is recommended: 076-330-015.

Open 07:00 - 23:30h Capacity: 150

Mom Tri's Kitchen

European & Thai

12 Kata Noi Rd., Kata Noi Beach, 83100 Tel: 076-333-568 Fax: 076-333-001 E-mail: fb@villaroyalephuket.com Website: www.villaroyalephuket.com

Enjoy fine dining in an award winning restaurant overlooking Kata Noi Beach. Panoramic sea views combined with the sound of the waves below create a peaceful, sensually indulgent and romantic setting.

European favourites and Thai dishes are served either on the open-air terrace, covered patio or Thai sala. An exuberant menu offers delicious creations from talented executive Chef Sura. Popular dishes include hot crab soufflé, tuna carpaccio, and Angus beef tenderloin.

Mom Tri's Villa Royale is the winner of the Wine Spectators Award of Excellence for 3 years in a row and has over 350 labels including an extensive organic wine list and 16 wines by the glass.

Situated on the only road into to Kata Noi, the entrance can easily be found on the hill between Kata Beach and Kata Noi Beach. Open from 6:30 am to 11:30 pm, reservations are recommended.

Open: 6:30h - 23:30h Price Range: B 220-790

Capacity: 60

Mom Tri's Oasis

184 Koktanode Road, Kata Beach, 83100

Adjacent to Mom Tri's Boathouse.

Tel: 076 330-423

Email: info@momtriphuket.com

Website: http://www.villaroyalephuket.com/dining.html

Beachfront dining becomes a whole new experience at this topical, sophisticated and yet relaxed setting which enjoys gorgeous panoramic sunset views from the restaurant and live jazz in the tapas bar.

The newest beachfront dining venue from M.L. Tri Devakul brings something new, fresh and exciting to Kata Beach in addition to some of the best live music one can find in the Kata and Karon area.

M.L. Tri Devaku, better known as Mom Tri, is well known by locals and tourist by his a reputation for the finest food and wine in Phuket; 2 of his other restaurants in Phuket have continuously won Wine Spectator Awards.

Mom Tri's Oasis introduces a new kind of Mediterranean cuisine to Phuket; dishes are tantalizing, original and creative and all served in the open air restaurants enjoying gentle sea breezes.

Choose lighter fare from the Oasis Spring Tapas Bar or casual beachfront dining at the Oasis on the Sea Restaurant.

Tapas include glazed scallops with spinach, feta cheese and sun-dried tomato samosas, and goat cheese and tomato meatballs. For those seeking something light and healthy, generous salads with sea food, seared tuna or Mediterranean chicken can also be enjoyed. Tapas start at 90 baht.

Oasis On the Sea offers some original dishes such as apple, cucumber and sorbet soup which is a refreshing appetizer priced at 120 baht and a generous portion of seared tuna spring rolls for 230 baht. Classics include beef tenderloin with chunky chips for 700 baht and tenderloin of pork with spinach for 400 baht.

A good selection of vegetarian items also includes the vegetarian mille feuille, layers of grilled eggplant, feta cheese & ratatouille and a timbale of vegetables with goat cheese.

Not to be missed are the deserts, especially divine is the flourless chocolate cake or the tropical fruit, glazed with baileys and orange sabayon.

With Mom Tri's reputation for fine food and good wine Oasis would not be complete without an impressive wine list of over 200 labels selected my Mom Tri's award wining wine sommelier. Wines can be purchased by the glass, by carafe or bottle.

Happy hour offers in the Spring Tapas Bar offers 50% off all drinks, (except wine). Live jazz can be enjoyed nightly starting at 7:00pm Wednesday through Sunday.

Free wireless internet also makes Oasis a great place to come, relax on the sofa and enjoy some authentic Lavazza coffee.

Price range: 90 baht - 950 baht

Open daily: 10.30 - 23:30 Capacity: 121 persons

Cocktails: beer, draft beer, cocktails and a wine list with 200+ wines

Karon Sea Sands Resort & Spa

208/2 Karon Beach Rd., Karon

Tel: 076-286-464, Fax: 076-286-457

E-mail: info@karonseasand.com Website: www.karonseasand.com

After 14 successful years of serving the real taste of India at Navrang Mahal in Patong, we recently opened our new Navrang Mahal Indian restaurant at Karon in Karon Sea Sands Resort & Spa. Restaurant is set amidst beautifully landscaped surroundings offering a relaxed and open atmosphere. Food at the restaurant is befitting the good repute we have earned over years for serving authentic Indian food. The art in Indian cookery lies in the delicacy of the spicing. In order to be able to satisfy all our patrons, we offer different levels of spicing for almost all of the items on our menu.

Please do not hesitate to consult your knowledgeable and friendly chef to familiarize you with the various levels of spicing and also assist you in the selection of menu. You are served in "brass Katoris" keeping in with the Royal Mughal cuisine of bygone Emperors of India. All dishes are prepared fresh by our hereditary chefs. Some suggestion they proudly present: Murg Malai Tikka, Boti Kebab, Paneer Pasanda, Mutton Vindaloo and many other mouth watering dishes. With our courteous and attentive service it is our endeavor to make your food experience a memorable one and hope that it will leave you with a desire to come back, again and again.

We are also pleased to let you know of our newest addition, PASTA & NOODLE... Karon. That is located on Luang Pho Chuan Rd., Soi Sunset, Karon.

Open: 12.30 - 15.00 & 18.30 - 23.00 Closed for lunch on Monday & Tuesday

Entertainment: D'Love Filipino Band (Dinner) Cocktails: Full Bar

New Friend Restaurant

European & Thai

631-633 T.Patak Rd, Tambon Karon, Muang Phuket Tel: 081-895-8604

New Restaurant Managed by Khun Vitaya, serving the extensive menu of authentic Thai food and European food, cocktails, ice cold beers, out door. Reasonable prices in friendly atmosphere and service only 200 meter on right hand side from Karon Beach circle Open from 11.00-02.00 A.M seating 60. Located on Patak Rd, opposite Karon UP Seafood Restaurant.

Reservations 081-8958604

DO NOT MISS THIS SPECIAL EXPERIENCE

Open: 11.00-02.00 Capacity: 60 persons

Do Mosquitoes Bite Some People More than Others?

The answer is yes, but the reasons are elusive and difficult for scientists to pinpoint. The pesky little insects are attracted to body heat and certain odors, including carbon dioxide, but these are traits possessed by all humans and animals. Recent research has shown that people produce unique smells. Apparently some of these smells attract mosquitoes and others tend to drive the little buggers away.

The Cliff Restaurant Mediter-Asian Cuisine

Centara Villas Phuket, 701 Patak Rd., T. Karon, A. Muang, Phuket 83100

Tel: 076-286300 - 9 Fax: 076-286316

Email: cvp@chr.co.th

Website: www.centarahotelsresorts.com

The Cliff is a lifestyle restaurant offering stunning views of the Andaman Sea. It features a creative Mediter-Asian menu with emphasis on fresh products and creative presentation.

Signature dishes include "Escalope of Red Snapper", "Rock Lobster Tails", "Creamy Seafood Chowder" and "Oven Baked Lamb Rack".

Open daily: 18:00 - 23:30 Capacity: 70 persons Price Range: B 600 to 2,000 Fully Licensed

All Major Credit Cards welcome.

The Dining Room

International

at the Pacific Club Resort

located up the hill behind The Front Village, Karon Lagoon, Karon Tel: 076-398-350

Website: www.pacific-club-phuket.com

Since 1989, at Karon Café, the first Steakhouse in Karon Beach, Norsk-American Chef Eric has been serving up Char-Broiled steaks using top quality Air-flown (never frozen) imported beef.

Now, 18 years later, he has combined all his experience and customer feedback into putting together a menu at The Dining Room that goes beyond pleasing even the demanding 5-star crowd. From succulent lamb chops, spicy Indian Masala, and sizzling Mexican favorites to fresh seafood, rich home-made pasta dishes, and traditional Thai cuisine, there is something amazing for everyone.

Why not add to the experience and enjoy your food and drink by the pool up on the roof overlooking the north end of Karon Beach.

Although, it's only a 6 minute walk from Karon Café' to Pacific Club and "The Dining Room", please feel free to call or stop by Karon Café' to request free transport to Pacific Club.

Open Daily: 06:30 - 23:30 Capacity: 80 Price Range: B200-600/person Cocktails, Wine, Beer

Two Chefs Bar & Grill

International

South Kata Beach, opposite The Boathouse, Tel: 076-284155 Kata Center, opposite Hotel Peach Blossom, Tel: 076-330065

Karon Beach, next to Karon Café, 076-286479

Website: www.twochefs-phuket.com

Billy, Henrik and Krister welcome You to a great new season with Two Chefs and offers international classics, Scandinavian specialties and of course, delicious flavors from the Thai cuisine. Enjoy a relaxing evening in Two Chefs and don't forget to check out our extensive wine list with enjoyable drops in every bottle.

Billy, Henrik och Krister välkomnar Dig till en ny säsong på Two Chefs och har nöjet att erbjuda läckra internationella rätter, givetvis skandinaviska specialiteter, och utsökta smaker från det thailändska köket. Allt under ledning av erfarna svenska kockar. Glöm inte att ta en titt i vinlistan som gömmer smaker för alla.

Open Daily: 11:00 - 24:00

Price Range: B 89-595

Pers Andhymous Reunian

At a recent Pets Anonymous reunion, the attendees were discussing which pets they had recently owned. James used to have a dog. The person who used \$\mathbb{m}\$ own a mouse now owns a cat, but the person who used to have a cat does not have a mouse Kevin has now or used \$\mathbb{m}\$ have a dog, I can't remember which. Becky has never owned a mouse. Only one person now owns the pet they previously had. Rebecca said very little throughout the meeting and nobody mentioned the hamster.

Can you determine who owns which pet and what they used to own?

Strongalle & Cram

Five People were all taking a vacation in Shriekville, unfortunately all their vacation's were cut short by a terrifying encounter with a resident ghost. Can you decide who stayed in what building, what was its name and what was the resident ghost called?

Archibald stayed at St George's, he was not frightened off by Macabre Malcolm.

The Pub was the home of Chilling Charlie, who frequently turned down the thermostat of the Pub and then let out gruesome shrieks, chilling everyone to the bone

Billy vacationed at a place named Rosedale, which was not a hotel.

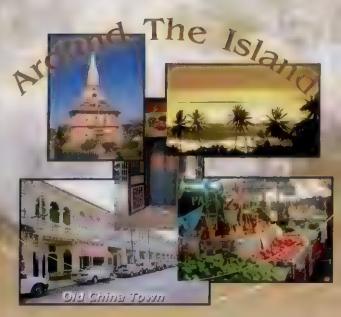
Charlie went to stay with friends, this was in a bungalow, but it did not have the name Briar Hill. He was not terrified by Bloodcurdling Brian, the ghost that left bloodstained footprints behind.

Lucas or Archibald's vacation was at the castle - was Terrifying Tony the resident ghost there?

Creepy Craig really did scare Gary, as he was settling down to sleep, by scraping his fingernails on the bedroom window, this was not at a hotel and it wasn't a place named Avalon.

The Bed and Breakfast accommodation was not High Lodge, which was also not the castle where Macabre Malcolm was resident.

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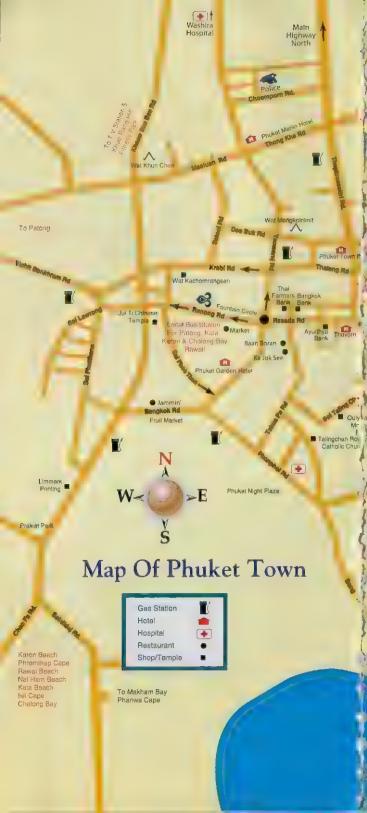


A journey around the island taking along the west coast road would allow you a great view of superb beaches such as Bang Tao, Kamala, Patong, Karon. Kata, Nai Harn and Rawai. A final fitting to a day visiting some of the most picturesque beaches in Thailand would be to see the sunset at Cape Promthep located at the island's extreme southwest point. The Cape offers a superb view of the Andaman sea and a few offshore islands.

Coming in towards Phuket Town from Rawai, you could stop off and visit the Chalong Pier where you can see hundreds of yachts and boats in the calm waters of Chalong Bay. Driving a little further on in Chalong you could visit the most revered temple in Phuket, Wat Chalong.

Ten minutes drive further will take you into Phuket Town. Phuket Town offers a great mixture of new and old influences. Sino Portuguese architecture is evident in the landmark buildings as you walk down Thalang Rd. towards the center of town. If you're in the mood for some respite from the mid day sun then a visit to Khao Rang Hill is in order. From here the view is outstanding. Cool shady trees provide shelter from the sun allowing you to gaze out at the sprawling metropolis that is Phuket, You can see the whole Town, tranquil Ma'kam Bay and the turquoise, turtle-shaped island in the distance.

Up north through Thepkrassatri road is the Heroines monument. Here you can learn the great history of Chan and Mook. These pair of heroines are famous for rounding up the island's women, dressing them as soldiers and scaring of a Burmese invasion in 1785. Further up from the monument is the Ton Sai waterfall and just few kilometers away is Bang Pae waterfall. These beautiful falls are surrounded by orchids and exotic birds in the Khao Phra Taew National Park.





Consideration

(Common ailments involving Tourists)

Motorcyle Accidents

Statistically speaking, the most hazardous activity that you can engage in while visiting Phuket is motorcycle driving. If you have limited experience with motorcycles then for your own sake, do not hire them! Driving in Phuket is hasty at it's best.

If you must hire them then drive defensively. Even though the weather is warm, we recommend at all times, a full face helmet, good sturdy boots and Jeans. You leave yourself wide open for injury if you drive without a helmet, shorts and flip flops.



Use a generous amount of sun block, beware of heatstroke and use a hat whilst in the sun. Do not swim on a full stomach and be extremely, very aware of the 'Rip Tides' around the island. A substantial amount of Tourist Deaths can be attributed to drowning; Karon Beach in particular, especially

between May and October is renowned for extreme 'Rip Tides'. If you want to swim, move to a safer, shallower beach such as Kata or Patong. On the other hand, if you do get caught by a 'Rip Tide' and you cannot fight against it, then **DON'T**. Start to swim parallel to the shore and let the tide take you. With luck you will swim out of the pull by moving sideways and while conserving your energy, allow the tide to bring you back in again. Be cautious of jet sklers, jet skilng and paragliding, a number of deaths have also been caused by

Inexperienced operators in the past. We recommend that you give both of these sports a wide berth here in Phuket. Apart from the inherent dangers, they are noisy, polluting and they destroy the serenity of the beach.

Sexually Transmitted Disease

As a finally point, be aware of sexually transmitted diseases. The best way to avoid contacting STDs or AIDS is to avoid sex with strangers. Failing that, use a latex condom, preferably two, from a reputable manufacturer.



While most international visitors to
Phuket head straight to the beach for their holiday,
there is a world of treasure waiting to be
discovered in charming Phuket Town.

Phuket Town is the provincial capital of Phuket and is home to all legal and government offices including Immigration, the Tourist Authority of Thailand (TAT), the

main bus terminal for inter-provincial travel. The main Post Office. That Airways, DHL, Government House (just to name a few) all reside in Phuket Town

Phuket Town was settled by Chinese merchants who migrated from nearby Penang to set up businesses

over a hundred years ago. The island was prosperous even then from revenues from tin mining and rubber plantations.



These Chinese merchants built extravagant home and offices in the Sino-Portuguese style which developed centuries ago in the active trading port of Malacca. Three hundred years ago.

even Phuket had a community of Portuguese traders living on the island. They not only brought the chili pepper with them, but they brought their architecture, much of which can be seen only in Phuket Town.

The wealthy residents of yesterday did not build homes near the Western beaches for two reasons. They here afraid of the Burmese pirates and the wild animals such as tigers and boars that still roamed the jungles so they sought safety clustered together in the center of the island.

To capture the excitement of Phuket Town from yesteryear, head to town either in your hotel/resort limousine or taxi, and get out on Thalang Road. Here you will find merchants selling household goods, fabrics and everyday necessities in the same buildings and often the same families as well over a hundred years ago.

Of special interest is the Guan Choon Tong Herbal Store at 16 Thaland Road where Mrs. Sodsri Bumrungwong has worked and lived with her family for 70 years. Her father was a Chinese herbalist from Penang who moved the family to Phuket to bring traditional medicines for the local people. Each day Mrs. Bumrungwong mixes leaves; animal pales.

herbs and roots into special formulas to ease pain, indigestion and to strengthen the body.

Crossing Fhalang Road is another street rich with history.

On Yaowaraj Road, numerous shops line a single block which offer distinctive arts and crafts of the region.

China House has textiles from Laos and silks from Thailand which have been designed into both casual and elegant evening wear.

Nearby is Ban Boran Textiles which has a wide range of cottons from South China as well as Northern Thailand that can be used to decorate the home or turn into comfortable clothing.

Phuket Town is well known for delicious Chinese food. Many visitors to the island come from Singapore and Taiwan in search of local delicacies including invigorating bird's nest soup and the wide range of desserts and dried foods only available on Phuket.

This main town on the island offers great shopping bargains with prices for souvenir items much lower than in similar boutiques near the beach. Phuket Town however has a lot

more to offer the shopper than the beach resorts.

From the Central Market located near the main roundabout where the local buses stop, streets fan out with each one offering shops selling clothing, handicrafts, silks, cottons, furniture and home accessories. Close by are cafes', restaurants, bakeries and deli's catering to both Western and Thai tastes.

In the morning and evening an open air market happens across from the

local bus stop selling fresh fruits, vegetables and Thai Take Out including a wide variety of curries, omelettes, sweets and drinks.

If you're looking for some good of' western fast food then head on out to Robinson's department store where there are lots of choices.

When the heat of the midday sun starts to get to you then consider a drive to the top of khao Rang hill. From here the view is outstanding and the cool shady trees in this quaint little park provide shelter from the sun.

And at night, "those in the know" head to Ka Jok See for dinner where they might spot a visiting celebrity. Alternative nightlife entertainment to the wild beer bars of Patong Beach are the Thai Western Pub venues of Timber and Rock, formally known as the Timber Hut where many local Expats mix with the Thai music lovers.

Phuket Town is full of surprises and well worth a visit during a holiday to Phuket. ©

BANG TAO/KAMALA



Laypang Beach Bar & Restaurant Thai, International

Right on Bang Tao Beach, Bangtao

Located at the beautiful Laypang Beach, our Restaurant & Bar offers a variety of Thai and International dishes, FRESH Fruit and Vegetable Juices and Cocktails from around the world.

Enjoy the scenery on one of Phukets favorable beaches while

relaxing with a Drink of your choice.

Guests are welcome to enter the kitchen in order to learn the secrets and preparation of Thai dishes, either by watching or participating themselves. If relaxing is more important, we have sun beds for use by the guests free of charge.

White Orchid

Thai/International

Southern end of Kamala Beach Tel: 081-892-9757

White Orchid is rated as a special Editors Choice by Fodor's International Guidebook 2001 and recommended by Lonely

Planet. Perhaps here's why:

Tucked into the lush jungle that borders Kamala Bay, yet perched alone on a little-known secluded beach, is a rustic, bamboo and leaf constructed, internationally acclaimed restaurant that has been serving fresh seafood by candlelight for 18 years. Soft jazz and "chill-out" music compliment the tranquility. If you want to experience a quiet and truly romantic dinner while enjoying special dishes such as Tiger Prawn, Phuket Lobster, or Pepper Crab, as well as traditional Thai and European favorites, come treat yourself to the White Orchid.

WHITE ORCHID...... THE TRUE THAI FEELING

We are also organizing private for beach parties.

Free transport one way from Patong and Surin.

Full catering for any occasion also available upon request.

Open daily: 11:00 - 22:30 Price Range: B 150-450/person
Capacity: 30 Cocktails: Full Bar & Imported Wines

CHALONG/RAWAI



2 Gusti
74-75 Central Fostival Unit 140 M

74-75 Central Festival, Unit 140 M.5, Tel: 076-209-124

Gusti is an ideal venue to savor in authentic Italian cuisine in the midst of a cigar and wine lounge, their warm and inviting ambiance

is a great place to visit and unwind.

Executive Italian Chef and Japanese Sous Chef Takashi Nakajima conjure up creative dishes consisting of fresh pasta and the highest quality ingredients selected from the market daily. With both chefs having extensive culinary experience in fine dining establishments, from restaurants to 5-star hotels, you will be filled with an array of mouth watering Italian appetizers and a variety of weekly specials.

Anchor Inn Thai, International

Ao Chalong, right at the circle Tel: 076-281-329

Located in the harbor village of Ao Chalong, the Anchor Inn is a traditional, rustic style restaurant with a tropical atmosphere. Serving delicious homemade Thai food, a selection of European breakfasts, Italian and German dishes, as well as tasty snacks and salads - all at incredibly reasonable prices.

Italian

Friendship Beach Bar at Friendship Beach Resort

Viset Road 2.6 kilometers south of Chalong Circle (between Chalong Circle and Rawai), on the left Tel: Chef 089-728-5304

email: info@friendshipbeach.com

Listed in the Andaman Post as "1 of the top 5 places to Chill out on Phuket Island" by people who are residents and who frequent a variety of establishments.

Do you know where you can dine on the beach, enjoy a cool brew at a water's edge beach bar and while away the time as the kids swim in our seaside salt water pool at no charge? Enter the Beach Bar and Restaurant at Friendship Beach Waterfront Resort.

Food is special here. All orders are cooked ala minute (to order). No packaged sauces or gravies as we specialize in 'real' flavor and healthy cuisine. Professional yet playful, both our

American Chef and Thai staff have got-it-down-right.

This is not a tourist rip-off venue; rather, it is moderately priced. The menu consists of a wide variety of tantalizing foods from traditional American and Western to traditional Thai. Check it out, you will not be disappointed. Vegetarian menu, too? You bet.

Friday nights (6 to 9) is the gathering place for Westerners to meet, chat and get caught up on the news and their personal experiences. There is no special reason they congregate on this

night but they have adopted us as "their special place."

Sunday afternoon is the great "chill out" time with live jazz music from 4 to 8, Thai and Western children playing in the pool, mom and dad socializing and tanning. A fun time, for sure. You can relax, enjoy the scenery and enjoy a remarkable good meal in an unusual location and with a casual friendly staff. Many ex-pats feel Friendship Beach is their 'home away from home' and return again and again.

Many locals say we have the best food on the island, who

are we to disagree!

The Green Man Traditional English Country Pub and Restaurant

82/15 Moo 4, Patak Road, T.Rawai, A.Muang, Chalong Tel: 076-281-445 - 50 / 081-894-7736, Fax: 076-281-453

E-mail: info(a)the-green-man.net Website: www.the-green-man.net

Credit Cards: Visa, Mastercard, JCB, American Express and Diners Customers Welcome

Not a tourist trap. The Green Man is a traditional English Country Pub, situated in the heart of Phuket. It is where most of the long-term residents call home, away from the hassle of the busier areas of the island. It is utterly authentic, built to ancient arcane designs, if you go, get them to take you on the tour of the Three Floors Of Life, it is a fascinating journey through the ancient beliefs of the all the world's nations.

It is also a great deal of fun, they have enthusiastic British management always on the premises and the customers are from a broad cross section of cultures and countries. Live entertainment, a regular pub quiz and theme parties plus the largest selection of

draught beer in Phuket, including Guinness and Kilkenny.

It is also the favorite haunt of Phuket's kids, they have a three and half acre landscaped garden, including a great kid's playground and they also have a well-planned children's menu featuring all the stuff they love. They celebrate all the major western festivals, so your kids don't have to miss out.

The pub itself has a fabulous menu of British Pub Grub at very reasonable prices, a wine cellar, cigar divan and large screen television for sports and children's classic films and cartoons when

it rains

Their Roast Sunday Lunch (Yorkshire pudding, Roast Beef etc) is a legend on the island and kids eat for free, every Sunday. Many visitors who go there make it their second home for the duration of their stay and quickly become part of the family of the pub.



Here we go again, into the season where, no matter how good our intentions, or how sensible we are about our diet during the remainder of the year, for at least a month we are going to eat far too much. Office parties, family gatherings, nights out with friends, thank-you dinners, all culminating in a huge splurge as we see out the year with a spectacular binge on December 31St.

It is going to be a time when even the slimmest and fittest of us start to feel a little paunchy, while those of us who have struggled to lose the kilos over the past few months are going to wince as they come creeping back. Oh well, there are always our New Year pledges, right?

There are, however, a few things to bear in mind when we are dining out which will help us to eat more healthily, even when the restaurant menu is loaded with rich goodies. This does not revolve around calculations about calories or carbohydrates; it is more a matter of commonsense and you can still enjoy yourself.

Study the menu. Look for menu selections that have descriptions such as "fresh", "roasted", "grilled", "steamed" or "poached". These terms usually mean that the menu items have been prepared without excess fat, or that they have been prepared with water, bouillon or broth.

When ordering a salad, request that the dressing be served on the side. This allows you to decide how much dressing you want to add to your salad. The old standby of oil and vinegar are still a good choice

for regular dressings. You also may inquire if low-fat or no-fat dressings are available, and order these.

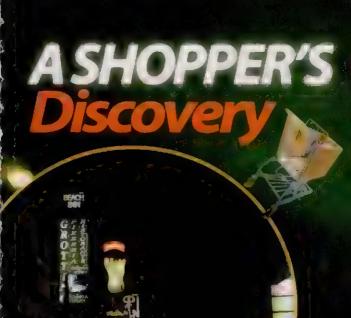
When ordering menu items such as pasta, stick to tomato or marinara sauce, these are usually low fat. If in doubt, ask your waiter who should be able to steer you in the right direction. Ask if there are any of the items that may be considered "lighter" or "lower-fat" than other menu selections.

Consider the appetizer selections. These items are generally a smaller portion and you may request that they be served as your entrée item. Maintain balance, choose one splurge per restaurant trip and then round out the meal with healthy favorites. So if you have to have the Fettuccini Alfredo, have a big tossed salad as an appetizer and fruit for dessert. Moreover, if you are dining with someone else who is watching what he or she eats, order one vegetarian and one meat entrée, then share. You automatically cut your meat portion without feeling deprived.

Dessert may be another area where you are tempted to splurge, but there are menu selections that can fit into a healthy lifestyle. Fruit sorbets are a great choice since they are made without fat and generally have a high proportion of fruit juice and pulp. Cakes made with egg whites, such as angel food cakes are another fat-free alternative. Fruit is also a great choice, there are many dishes prepared with exotic and traditional varieties of fruit.

Lastly, if you are visiting one of the restaurants in Bangkok which works with a registered dietician to create special menu items, you are in luck: these dishes, often bearing the name "spa item" or some other special logo, will be low in fat, high in nutrition, and no doubt delicious into the bargain.





One of the most perplexing situations a tourist will have to

face before he goes home

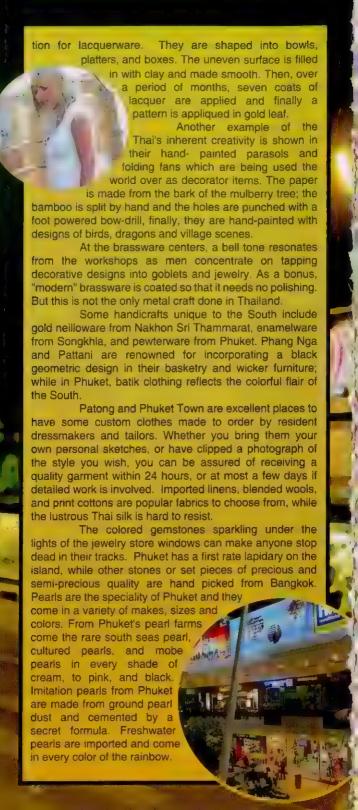
is: what souvenir of Thailand should I buy? Silk, wood-carvings, silver, brassware... the list is endless.

Armed with knowledge of the history of these native crafts, the selective shopper will be mentally equipped to choose a bit of Thailand that will remind him of his visit for years to come. Let's take a look at a few of these Thai creations.

Thailand has been weaving silk cloth for centuries. In 1976 the Queen's SUPPORT program set up centers to train people to weave the cloth in the age-old people powered method of spinning wheels and looms; the results are visible in silk showrooms throughout Thailand.

Along with silk, teakwood is another singular industry that brings out the talents of Thai craftsmen. Whether it is fashioned into a miniature elephant of only a few grams, or a two meter tall pachyderm weighing almost as much as the real animal, the wood workers' attention to precise detail is their hallmark.

Teakwood is so valuable that not a scrap is wasted, and the smaller pieces are used as the founda-



SHOPPING

Rajah Fashion

Tailor

Only one location at:

Le Meridien Phuket Beach Resort

Open: Monday thru Saturday 10:00 - 20:30, Sundays 17:00 - 20:30

Owner Khun Ravin is not only the first and most experienced tailor in Patong dating back more than 26 years to 1980, but he is a nationally recognized and award winning tailor, as well. At Rajah Fashion, you will find completely professional service and an almost endless variety of fabrics to cater to your personal tastes. We speak several languages for your convenience, so please do not hesitate to simply come have a look.

Call us for free transport from/to your hotel: 076-341-568

SUNBEACH

Sun Lotions & Oils

63/62 Chaofa Road, Phuket Town Opposite Phrom Phan Tel: 076-248-597, Mobile: 09-649-1125

Sunbeach coconut moisturizing sun lotion is a sunscreen product that contains a unique formula that includes 30% pure coconut oil. It has natural Vitamin E, which is very beneficial to skincare because it not only nourishes, revitalizes, and moisturizes the skin with every exposure to the rays of the sun, but it enables our bodies to absorb other nutrients more effectively. In fact, Vitamin E is commonly accepted as the most powerful antioxidant and nutrient that protects our skin,

The lotion can even offer therapeutic relief from fatigue and daily stress through its tropical scent, which immediately makes one daydream of relaxing on a beautiful beach with a cool, refreshing coconut drink in hand.

Available in most hotel gift shops, pharmacy/drug stores and local minimarts all over the island. Call for more information.

Thipurai Optical

Optical Shop

23/2-3 Karon Road

Karon Beach

Tel. & Fax: 076-333-345

E-mail: info(a)thipuraicompany.com

Thipural Optical offers customers the widest selection of frames available. Name brands, designer styles, specialty frames, high-tech metals, sunglasses...all competitively priced.

Thipurai Optical's goal is to provide the best care and quality products for your eyes at the most reasonable price. Eye exams are done on site by an optician who specializes in eye care and has the latest technology available. We deal with the best in products plus companies and are continually updating their knowledge in all technical aspects.

Open daily: 10:00 am - 10:00 pm

Sports & Outdoor Activities around Phuket



Powersnorkel enables swimmers and non swimmers to breathe under water without scuba



tanks. Imagine your first breath underwater...a lifetime memory! Only 10 minutes instruction is needed, even for non-swimmers. Try a Seascooter, as well - no need to kick. Great for adults and we can never get the kids to stop!! Call Toll Free 1-800-PHUKET (1-800-748-538)



Phuket Laguna Riding Club

"Riding Along The White Sandy Beach" Experience a horse riding adventure in an area of hills, palm trees, lagoons, & sandy

beaches. For beginners and skilled riders, as well. Phuket Laguna Riding Club is the largest club in the South. You can select from over 45 different horses before embarking on a fantastical journey along the best trails imaginable. For more info, please visit www.phuket-bangtao-horseriding.com or call 076-324-099 or 076-324-199.



Phuket Jet Boat is the ultimate adrenalin rush on water and the only one of it's kind in Thailand. The



ride is best described as a rally car on water that makes massive sideway slides, 3600C spins, fishtails plus breathtaking power stops at incredible speeds of up to 70km/hr. This is a must try for those who want to experience the thrill of their life! For more information, please visit www.jetboatthailand.com or call 084-844-4332

Guide Looking for some Action, well try

Looking for some Action, well try our fast find index to put you in touch with some of our Finest Adventure Activities

Action Sport	Company Name	Location	Tel No.
Bowling	Pearl Bowl	Phuket Town	076-230-117
	Rock N' Bowl	Palong	076-345-165
Bungy Jumping	Jungle Bungy Jump	Kathu	076-321-351
Horse Riding	Phuket Laguna Riding	Bang Tao	076-324-199
Jet Boating	Extreme Jet Boating	Chalong Bay	084-844-4332
Kayaking	PaddleAsia	Phuket	076-240-952
Power Snorkeling	Power Snorkel	Chalong	1-800-748-538
Sailing/Windsurfing	Phuket Island Sailing	Patong	087-279-5021
Scuba Diving	Dive Asia	Kata	076-330-598
	Dive Collection	Kata	076-330-800
	Dive The World	Patong	076-340-318
1	Sanlana	Patong	076-294-220
	Sea Bees	Chalong	076-381-765
	SEA Divers	Chalong	076-281-299
	Sea World Dive Team	Palong	076-341-595
	West Coast Divers	Palong	076-341-673
Snorkeling Tours	Coral Seekers	Phuket	076-354-074





Dive Asia

Diving/Tauchen

121/10 Mu 4 Patak Rd. Kata Beach Tel: 076-330-598, 076-284-117

Fax: 076-284-033

E-mail: info@diveasia.com Website: www.diveasia.com

Dive Asia established in 1988 is the first PADI 5 Star Career Development Center in Phuket - one of only two companies selected in all of Southeast Asia. We are the recognized leader in diver training and operate a full range of day trips and live-aboards to all of the most popular dive sites.

Our popular liveaboard cruises allow you to live, eat, and dive right off the boat into some of the most spectacular dive sites in the world. Cruise to the remote and protected waters off the Similan/Surin Islands and Hin Daeng/Hin Muang, to some of the top rated dive sites in the world. Spoil yourself on one of our 3, 4, or 7 day liveaboard cruises and experience these exquisite sites in style and comfort.

For those divers with families, or those who prefer having the shore-based amenities of Phuket available in the evening, we offer an excellent selection of one-day dive trips.

As the first PADI 5 star career development center in Phuket, we offer the complete range of PADI diving courses - from Discover Scuba Diving to NITROX Courses and IDC/CDC Programs for diving professionals. Regardless if you are beginning or seeking to upgrade your credentials as a diving professional, our multilingual PADI courses directors and master instructors ensure that at Dive Asia you will receive the very best scuba training available.

Our philosophy is quiet simple: personal attention, high quality diving trips, professional education, affordable prices, and all the fun that is Great Diving.

Dive Collection Diving Equipment/Technical Diving

Located besides the Post Office in Kata

Tel: 076-330-800, Mobile: 081-895-7345

Fax: 076-330-977

E-mail: divecollection@e-mail.in.th

The World of Diving in ONE SHOP - ONE STOP

We are the authorized distributor for TUSA dive gear, the authorized dealer for DIVE RITE, and the appointed service center for POSEIDON. We do not only sell but also guarantee authenticity of our products and after-sales service. We service OCEANIC dive gear, as well.

Wir Beraten Sie in Deutsch.

Open: Daily 9:00 - 20:00

Dive The World Day trip diving and Liveaboards in Phuket, Phi-Phi, Samui, and Krabi

188/2 Taweewong Rd.

Patong, Kathu, Phuket 83150 Tel. 076-340-318, 341-634

Fax: 076-340-318

E-mail: info@dive-the-world.com Website: www.Dive-The-World.com

Why waste hours of your holiday time looking for the best value deals for scuba diving when we have them all in one shop?!

You'll discover information on hundreds of live-aboards, day trips and overnight dive trips to Phuket, Similan Islands, Richelieu Rock, Phi Phi Islands, Hin Daeng, Burma Banks and Mergui Archipelago, EVERY DAY.

Worried about the quality of all the various options? Don't just try to luck, when you can benefit from our independent advice and in-depth knowledge. This may mean the difference between choosing a delight of a tour, or feeling short-changed. Our aim is to make your life easier by finding the choice thatis right for YOU and your budget.

Learning to dive takes less of your time than you may think. You could be in the water tomorrow! We offer PADI courses with private one-on-one or group instruction. For your safety and peace of mind, all your courses INCLUDE dive insurance and brand new diving equipment. With your PADI card, you can dive anywhere in the world.

So how much do we charge for our services? Not a penny more! Contact us and you'll soon discover what's hot and what's not. Dive The World Thailand - Your one-stop solution to scuba diving

adventure in Thailand.

Extreme Jet Boating

Jet Boating

Departs every hour from Chalong Pier Ao Chalong

Tel: 084-844-4332

Website: www.jetboatthailand.com

"The Phuket Jet" is the only 1 of its kind in Asia, and is the fastest, safest, and most exciting way to see the beautiful waters of the Andaman Sea.

Everyone from all ages will be thrilled and amazed with the ride. From the sideway slides, incredible 360° spins, and awesome power stops, you will keep shouting out for more.

Check out our website to view a short video and more.

Exclusive charters also available.

Bookings are essential

When the Red Flag Flies Don't Swim

you see a red flag flying at one of Phuket's beaches don't go swimming. A red flag means it isn't safe to swim and that swimming is prohibited. A yellow flag means that swimming is at your own risk. A green flag means that it is safe to swim. The red flag is most common during the monsoon season.

Santana diving & canoeing

Phuket's most experienced Dive Center 49 Thaweewong Road, Patong Beach Tel: 076-294-220, 081-693-8153

Tel & Fax: 076-340-360

Email: info@santanaphuket.com Website: www.santanaphuket.com

Santana was Patong's first dive center 25 years ago and has been offering a full range of diving services ever since. They now boast some of the most experienced Divernasters and Instructors in Thailand. Expect safety, fun and a warm welcome from this first class operator.

On board of Santana's cruiser the MV Discovery you'll experience liveaboard trips to the Similan Islands, Richelieu Rock and/or Burma's Mergui Archipelago you have always wished for... Small groups and relaxed diving, as even after 25 years we haven't lost our love of diving!

Every day of the year our fast and comfortable boat, MV Santana, makes one-day excursions to the best dive sites around Phuket. Our experienced team looks forward to showing you the underwater treasures of the Phi Phi Island, the King Cruiser Wreck, Racha Noi, Racha Yai, Shark Point, Anemone Reef and Koh Doe Mai.

Santana have been training scuba divers for 25 years. We were the first dive training center in Patong, and in 1995 we gained the prestigious PADI 5-Star Instructor Development Center status in recognition of our experience, expertise and first-class facilities.

Whether you are a curious beginner or a keen diver hoping to forge a career as an instructor, Santana has the program for you!

Open daily: 10:00 - 21:00

Santana diving & canoeing

Tauchen

Phuket's erfahrenste Tauchbasis 49 Thaweewong Road, Patong Beach Tel: 076-294-220, 081-693-8153 Tel & Fax: 076-340-360 Email: info@santanaphuket.com Website: www.santanaphuket.com

Santana war vor 25 Jahren das erste Tauch-Center auf Phuket am Patong-Beach und bietet seither die volle Bandbreite an Tauchaktivitäten und Service-Leistungen.

Heute finden sich im Santana-Team eine Reihe der erfahrensten Divemaster und Tauchlehrer Thailands. Erwarten Sie Sicherheit, Spaß und ein herzliches Willkommen von diesem erstklassigen Tauch-Veranstalter!

An Bord von Santana's MV Discovery erleben Sie die Tauchsafari, die Sie sich immer gewünscht haben... Entspanntes Tauchen in kleinen Gruppen, denn wir haben sie auch nicht nach 25 Jahren verloren: die Lust aufs Tauchen!

Während des ganzen Jahres macht unsere schnelle und komfortable MV Santana täglich Tagestouren zu den besten Tauchstellen rund um Phuket. Unser erfahrenes Deutsch sprachiges Team freut sich darauf, die unterwasser Schätze der Phi-Phi Inseln, des King Cruiser Wracks, des Shark Points, dem Anemonen Riff, der Racha Yai und Noi Inseln und von Koh Doc Mai vorstellen zu dürfen.

Mit großem Erfolg bildet Santana seit 25 Jahren Taucher aus, Wir waren die erste Tauchschule am Patong Beach. 1995 haben wir den herausragenden Status eines PADI 5-Star Instructor Development Centers auf Grund unserer Erfahrung, unseres Könnens und unserer erstklassigen Einrichtungen erhalten.

Santana hat für jeden das richtige Programm. Sowohl für den neugierige Beginner als auch dem Taucher der verrückt ist aufs Tauchen und an seiner Karriere als Tauchlehrer bastelt!

Täglich geöffnet 10:00 - 21:00

Sea Bees Diving

Tel: 076-381-765, Fax: 076-280-467

E-Muil: info@sea-bees.com

Website: www.sea-bees.com

Diving with Sea Bees is a special adventure. Choose between day trips, short over night trips or dive safaris. Highest standards and safety is guaranteed. All our tours include free pick-up, professional divemasters, diving groups of a maximum of four and delicious food from the onboard gallery.

Daytrips with MV Excalibur II and MV Aragon,

Explore the most beautiful dive sites around Phuket on high comfort boats, which really have set new standards for diving in Thailand.

6 days Dive Safari to Similan & Surin Islands:

With MV Marco Polo to one of the top ten dive locations in the world. A spectacular dive experience. Highest comfort on board. Seven individual roomy cabins with A/C or fan, showers, a large upper deck saloon with TV, DVD and CD for entertainment and a large sundeck gives you a great relaxing time on board. And of course the delicious freshly prepared food. You will love it.

Courses: Learn to dive, see how easy it is. Daily, I day Introductory Courses. Given from professional instructors in your own language.

West Coast Divers Diving/Snorkeling Tours

120/1-3 Rat-u-Thit Rd. Patong Beach

Opposite the Patong Bayshore Hotel

Tel: 076-341-673, 081-895-5859, Fax: 076-341-515

E-mail: info@westcoastdivers.com

Website: http://www.westcoastdivers.com

The difference is clear; West Coast Divers are professional, safe, and exciting! Dive with us to explore the beautiful waters of Phuket and beyond.

We operate one-day diving trips to Racha Island, Shark Point and Phi Phi Island. Also 4 days 4 nights liveaboard safaris to the Similan and Surin Islands. We can offer a full range of diving courses from beginner to professional level, you choose the language for your course.

For non-divers, snorkeling trips are available. Experience and enjoy the underwater world from above, knowing you're in safe hands. Trips include: divemaster, transport, tanks, weights, lunch, fresh fruits, and unlimited drinking water and soft drinks.

Boat Charter available.



Getting Around

Public Transport does exist in Phuket but it does not adhere to regular schedules as it does in most western countries, making the Tuk Tuk (Thai mini taxi) the most common way to get around Phuket.

Tuk Tuks operate in all the beach centers and depending on your negotiating skills - will charge from 20 Baht to 400 baht depending on the distance. Open air buses are cheaper, however, they only travel from the beach centers to Phuket Town itself.

A more flexible way to get around is to hire a car or Suzuki jeep - which brings out another problem - most of the cars or jeeps for hire on the roadside are not insured. If you do hire a car or jeep we strongly recommend that you do so through a reputable car hire firm such as Budget, Avis, Hertz or Viva.

Motorcycles are readily available and easy to hire in Phuket. However, they will never be insured and with the accident statistics in Phuket as high as they are, we strongly recommend that you resist this temptation.



No.	Destinations	Fare
1.	Buses from Beach Resorts to Phuket Town	20 Baht
2.	Daytime fare for a Tuk Tuk within a Beach Resort	20 Baht
3.	Evening Fare for a Tuk Tuk within a Beach Resort	40 Baht
4.	Tuk Tuk between Patong & Karon	150-200 Baht
5.	Tuk Tuk between Patong & Phuket Town	200-250 Baht
6.	Tuk Tuk between Patong & Kata	150-200 Baht
7.	Tuk Tuk between Karon & Kata	100 Baht
8.	Tuk Tuk between Karon / Kata and Phuket Town	200-250 Baht

Please Note: These are the recommended fares only and the price you pay is dependent on each individual driver.

Important Telephone	Numbers			
POLICE				
Police	191			
Tourist Police	1699			
Marine Police	076-211-883			
Fire	199			
HOSPITALS				
Bangkok Phuket	076-254-421-30			
Kathu Hospital*	076-340-444			
Mission Hospital	076-212-386			
Phuket International	076-249-400			
Phuket Recompression Chamber	076-342-518			
Phya Thai Phuket	076-252-702			
Wattana Clinic	076-340-690			
*Only for Minor Injuries				

ACCOMMODATION IN PHUKET & PHI PHI

Friendship Beach Bar Beach Resort & Restaurant

27/1 Soi Mittrapap, Viset Road

2.6 kilometers south of Chalong Circle

(between Chalong Circle and Rawai), on the left

Tel: 076-288-996, 089-727-2296

E-mail: info@friendshipbeach.com

Website: www.friendshipbeach.com

Friendship Beach Waterfront Resort, a newly renovated vacation resort haven, is located in the quiet southern area of Phuket Island on the waterfront of Chalong Bay. Because it is removed from the hustle and bustle of the usual frantic tourist spots located only a few kilometers away, it is very private and secure. The accommodations are either apartments, houses, or rooms. The apartments and houses are spacious and offer everything a western home offers and are designed for long term stays but can be occupied for a short term. The rooms are new or have been recently renovated and are very comfortable. Standard for all accommodations are internet WiFi, TV, air conditioning and fan, phone, a safe, and hot water. The swimming pool and professionally landscaped grounds serve as backdrop for the serene beauty and marine activity of Chalong Bay. While relaxing at the resort, you can enjoy outstanding Thai and Western cuisine (no MSG), as well.

The Thai Staff are young, friendly professionals dedicated to making each visitor feel a part of the resort family, yet special and pampered.

Karon Café Inn

Full Service Budget Hotel

33/76 Patak Road, Karon Beach (See our Color Ad on the Soi Islandia Park Resort map of Karon Beach)

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com Website: www.Karon-Beach-Hotel.com

Karon Beach's Best Value; with 20 deluxe and suite rooms located just above the world renowned Karon Café restaurant, only 150 meters from the beach. Over the last 20 years, Cozy atmosphere, Top Service (1.5 staff per room), and full amenities gained us the reputation of the first and best budget boutique hotel in Phuket. However, don't worry about our age because our rooms are re-finished every year to maintain the "New Look". All rooms feature Cable TV (eight English channels including Cinemax, HBO, CNN, Discovery, ESPN, MTV, etc.), large private bathrooms with hot water, direct dial phones, large empty refrigerator, easy direct Internet connection with your laptop, daily maid service, room service, and laundry service. Also, health and pool facilities are available at our sister resort Pacific Club for a small fee.

Room Rates: Dec - Mar Baht 1,000 - 1,400

Apr - Nov Baht 600 - 900 (ask about monthly rates)

Margarine contains high proportion of polyunsaturated fatty acids having an energy value of 730 kcal per 100 grams. It is a good source of vitamin E.

Le Jardin Bungalows

168 Nanai Road, Patong Beach, Phuket Tel: 076-340-391; Fax: 076-344-182 Website: http://www.lejardin-phuket.com E-mail: lejardin@phuket.ksc.co.th

Le Jardin est un ensemble de bungalows et appartements à quelques minutes du bord de mer, dans la verdure tropicale, équipés pour se sentir comme chez soi :

- Terrasse, salon, kitchenette, une ou deux chambres, salle de bains avec eau chaude, TV cablée
- Piscine
- Sauna aux herbes, jacuzzi
- Massage traditionnel
- Bar et Restaurant thai
- Et surtout l'accueil, les renseignements et l'aide dont vous pourriez avoir besoin pour bien réussir vos vacances!

A short walk to Patong Beach, Le Jardin is a peaceful bungalow and apartment resort with lush tropical gardens. The bungalows have

- Terrace, living room, kitchenette, one or two bedrooms, bathroom (hot water), cable TV
- Swimming pool
- Herbal sauna, jacuzzi
- · Traditional Thai massage,
- Garden bar and Thai restaurant,
- A friendly atmosphere: it will be our pleasure to help organize your holiday here in Thailand!

Pacific Club Resort 16 Soi 24 Karon Beach

Boutique Resort (See our Color Ad on the map of Karon Beach)

Just Behind Front Village Resort Tel: 076-398-350/2 Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com
Karon Beach's Best Value 4 Star Boutique Resort; with 40 deluxe and suite rooms located just above the the rest of the world in Karon Beach overlooking the beach and lagoon with 360 degree Panoramic Views of the area. Over the last 20 years Chef Eric has been providing top quality accommodation at under market prices, now Pacific Club wraps it all into one unbelievable Resort at less than half the price of comparable 4-5 star Boutiques. Full Amenities include, Gym, 30 meter shape/lap pool on the roof, 16 top quality video, news, sports private cable TV channels firee of charge, heated Jacuzzi, Herbal Steam Sauna, full massage facilites, Fully Wi-Fi internet in the rooms and around the resort, unbelievable Fine Dining and Room Service. All at reasonable prices.

Room Rates: Dec-Mar Baht 2,000 - 2,800

Apr-Nov Baht 1,500-2,000 (ask about monthly rates)

Yorkshire Hotel (The)

169/16 Soi Sansabai Patong Beach, Behind Rock City

Tel: 076-340904, 345258,

www.theyorkshirehotel.com

The York Shire group now consists of a 61 room hotel 58 channel,

 -7 different room types to suit every budget wit all rooms having air conditioning, mini bar, daily maid service 24 hur, security and free internet,

-Sport Bar and Restaurant, PG's Leisure Club and Tour Desk, Television on a variety of LCD screen customer can select which event they wish to watch and individual booths are available, No master the spot. The games are always on at THE YORK SHIRE HOTEL.

-sports pub-The most extensive sport bar in phuket featuring live

spot from all over the world

 -Leisure –full equipped Cybex gymnasium, large swimming pool, and sauna and stem room

-Tour Desk show bookings Island Trip, Golf Fishing, Private Yacht charters all can be booked at our home tour desk.

SERVICES

Bootleg

Photographer / Designer

17/26 Soi Yodsanae Choafa Road West Chalong, Phuket 83

Chalong, Phuket 83100 Mobile: 081-979-5624

E-mail: photo@bootlegonline.com Web: www.bootlegonline.com

Are you looking for a photographer to take pictures of your wedding, birthday party, or any other event?

Do you need a pro to take photos of your shop, hotel, boat, or house?

Or are you looking for someone to make layouts for a brochure, flyer, menu, or name card?

Well then, you've found the right place.

Mom Tri's Boathouse

Thai Cooking Classes

182 Koketanode Rd.

Kata Beach, Phuket 83100

Tel: 076-330-015 Fax: 076-330-561

E-mail: info@boathousephuket.com Website: www.boathousephuket.com

The Boathouse cooking classes take place in the culinary classroom located directly on Kata Beach. Fun is the main ingredient of Master Chef Tummanoon's popular classes which give a wealth of information on the essence of Thai cooking, ingredients and blending flavours.

Ten recipes for appetizers, salads, main courses and desserts are explained and demonstrated by Chef Tummanoon and are then cooked by the students themselves in these hands-on workshops. Course price for one or for two days includes lunch, a folder with recipes and the coveted Boathouse apron.

Reservation is required.

Saturday & Sunday 10:00 - 14:00h

Price Range: B 3,500 for 2 days

B 2,200 for 1 day

Capacity: max 12 students

Red Bull

Although now popular in the west, Red Bull actually originated in Thailand.

Red Bull and several other 'energy drinks' like Lipo and MD150 are consumed in prodigious quantities in Thailand, especially by those

suffering from hangovers or needing a wake-up call. Caffeine is the primary ingredient providing the energy.

TRADITIONAL MASSAGE

Le Jardin Bungalows

168 Nanai Road, Patong Beach, Phuket Tel: 076-340-391

Fax: 076-344-182

Website: http://www.lejardin-phuket.com

E-mail: lejardin@phuket.ksc.co.th

Le Jardin est un ensemble de bungalows et appartements à quelques minutes du bord de mer, dans la verdure tropicale, équipés pour se sentir comme chez soi :

- terrasse, salon, kitchenette, une ou deux chambres, salle de

bains avec eau chaude, TV cablée

- Piscine

Sauna aux herbes, jacuzzi

Massage traditionnel Bar et Restaurant thai

- Et surtout l'accueil, les renseignements et l'aide dont vous pourriez avoir besoin pour bien réussir vos vacances !

A short walk to Patong Beach, Le Jardin is a peaceful bungalow and apartment resort with lush tropical gardens. The bungalows have:

- terrace, living room, kitchenette, one or two bedrooms, bathroom (hot water), cable TV

- Swimming pool

Herbal sauna, jacuzzi

Traditional Thai massage Garden bar and Thai restaurant

A friendly atmosphere: it will be our pleasure to help organize your holiday here in Thailand!



Hideaway Day Spas Thai Herbal Aromatherapy Spa Patong Hideaway Day Spa

157 NaNai Road, Patong, Phuket Reservations: 076-340-591, 086-330-5055

BangTao Hideaway Day Spa (Laguna Area)

Laguna Resort Road, Bang Tao, Phuket Reservations: 076-271-549, 086-330-5055

Chalong Bay Hideaway Day Spa

1/19 Viset Road, Chalong Bay, Phuket Reservations: 076-280-649, 086-330-5055

Website: www.phuket-hideaway.com

E-mail: info@phuket-hideaway.com

Phuket Thailand's Original Herbal Aromatherapy Spa Established 1987

Over 300,000 Relaxed Guests

Relaxation Therapies:

V.I.P. Herbal Aromatherapy Steam Sauna

Waterfall plunge pool to cool and invigorate Traditional Thai Aromatherapy Body, Face, Foot, and Hand Massage Treatments
Skin Repair & Rejuvenation Therapies;
Body Wraps, Body Masques and Body Scrubs
Available in our V.I.P. facilities or Private Salas

(Private Treatment Facilities)

A full range of Aromatherapy Products by

'Hideaway Naturals' All in a natural tropical setting. Hide Away Day Spas for those seeking an authentic Thai Herbal Aromatherapy Spa. So treat yourself to the best, you know you deserve it!

Mom Tri's Spa Royale Luxurious Full Treatment Day Spa

2 Kata Noi Road,

At Mom Tri's Villa Royale on the hill between Kata and Kata Not beaches.

Tel: 076-333-568 Fax: 076-333-001

Email: info@villaroyalephuket.com Website: www.villaroyalephuket.com

At Mom Tri's Spa Royale, the science of healthy eating is applied to developing gournet nourishment for the skin. Mom Tri's Spa Royale's offers health-giving, revitalizing recipes will give you the feeling of being absolutely delicious.

Mom Tri's Spa Royale offers an array of homemade body scrubs, wraps and aromatic infusions along with hydrotherapeutic soaks, steam baths, water jets, a selection of massage therapies and facial treatments.

Private treatment rooms with steam bath cabins and soak baths are set around a central massage pool.

The ultimate in pampering the spa treatments restore your inner serenity and balance.

Open 8.00h - 20.00h

Spa Cenvaree

In Love with Life

Centara Villas Phuket, 701 Patak Rd., T. Karon,

A. Muang, Phuket 83100

Tel: 076-286300 - 9 Fax: 076-286316

Email: cvp@chr.co.th

Website: www.centarahotelsresorts.com

Our traditional collection of treatments harnesses the power of indigenous plants and traditional touches to deliver you a spa journey personalised to your own sense of wellness.

Join us to discover Thailand's culture and healing art.

Fully Qualified

All Major Credit Cards welcome.

The Sense Spa

Spa

Kata Plaza, next to Siam Commercial Bank

Kata Beach

Tel: 076-333-014

The Sense Spa is a gentle sanctuary tucked away in the heart of Kata Beach. The contemporary artistically Asian-inspired decorations are charming and naturally simple but elegant, which has the immediate effect of producing a deep calm and harmony for spa goers while having spa treatment and massage.

The expert skills of our therapists encourage your mind and body to let go of stress and induce a deep state of relaxation. The Spa also provides top quality products for all massage and treatments. In addition, natural ingredients like milk bath, essential oil, honey & yoghurt scrub, and their signature aromatic massage oil can be purchased in the foyer of the spa.

The spa offers a range of celectic Spa treatments reflecting many Asian influences all of which have beneficial healing and restorative qualities for your body and mind.

SPEAKING -

If you fancy the challenge of tackling the Thais in their own lingo, here are a few starters to help you get going. Remember that all sentences and phrases should be finished with the correct polite ending.

For a woman the end-word is "...Kha", for a man it is "...Krab".

Phom l, me (male)
Chan l, me (female)

Khao he, she, they
Rao we

Greetings & Pleasantries

sawatdee krab (kha)

sabai dee reu krab (kha)? sabai dee krab (kha) kaup khun krab (kha) koh toad

khun cheu arai? phom (chan) cheu...

kow jai mai? kow jai

mai kow jai pood Thai mai dai

mai pen rai ow...

mai ow krab (kha) ... voo tee nai?

meua rai? wan nee

meua wan nee

phom (chan) raak khun

Hello/goodbye (general greeting)

How are you?

fine

thank you excuse me

What is your name

my name is...

do you understand? (I, we) understand

I don't understand I can not speak Thai

never mind
(1) want...

I don't want where is ...?

when?

yesterday I love you

Some useful words for the restaurant:

koh... duay krap (kha) rai gaan a-harn check-bin ped mai ped

please bring... menu

bill
spicy
not spicy
delicious!

a-rov!

MEDICAL

Phuket International Hospital

44 Chalermprakiat Ror 9 Road, Phuket 83000

Tel: 076-249-400 Fax: 076-210-936

E-mail: info@phuket-inter-hospital.co.th

www.phuket-inter-hospital.co.th

Phuket International Hospital is the leading private hospital within the region, offering a comprehensive range of medical and hospital services, specifically orientated to foreign tourist and residents.

- · Emergency and Ambulance Services 24 hours
- · Full hospital, medical, dental and healthcare services
- · International staff and interpreters
- · Hotel visits
- · International insurance accepted
- · Domestic and international medical evacuation
- · Beautiful garden setting
- Medical and Health checkups
- Nearest private hospital to Patong Beach
- Located between Tesco Lotus and Big C

Phuket International Hospital Caring People, Curing People



โรงพยาบาลสิริโรจน์ Phuket International Hospital

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Experience what thousands of satisfied customers already know. The exceptional service and high standards of Phuket International Hospital's discounted Health Checkup Programs

Caring People, Curing People.

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This is a Youtine Checkup recommended to adults under 40 yrs

Executive Program for Males 8 3:100

This is an advanced checkup acommended for male adults

Executive Program for Females 8 10 000

scommended to remain south

Appointments are not necessary if you come to the hospital at 9.00 am Monday to Friday. Call for other times. Patients should not eat or drink for at least 10 hours before coming to the hospital. Prices are subject to change without notice.



Parameter Teacons nive and Central Fostival on the bypass road

www.phuket-inter-hospital.co.th

ntertainment









Ease into the intimate comfort of a uniquely different cabaret performance of the Play House Theatre

Cozy up to a pint of bitter in traditional pubs like Molly Malone's and Scruffy Murphy's.

Pulsate and sweat until you lose yourself at one of the raging discos.





Being on a tropical island doesn't mean you can't take in some soothing Jazz or Blues enjoy a variety of these at The Boathouse and Baan Rim Pa.

BARS/COCKTAIL LOUNGES DISCOTHEQUES

Angus O'Tools Irish & International Irish Pub, Restaurant & Guesthouse

516/20 Patak Road, Soi Islandia, Opposite Centara Karon Resort

Karon Beach, Phuket 83100

Tel: 076-398-262, Fax: 076-398-386

Email: info wotools-phuket.com

Website: www.atools-phuket.com

Cold Beer, Great Food, Cool Rooms, Live Sport, Warm Folk, Good Craic!

Now in its Fourth year, O'Tool's just gets better & better, Originally it was created to provide a Warm & Friendly Pub atmosphere for All the Family. This has been cleverly done by blending the Traditional Irish theme with an Open Breezy Tropical Phuket style. Located only 300 metres up from the Roundabout on Karon Beach, opposite Centara Resort. Morning Newspapers & Nightly Entertainment with Good Music, Live DVD Concerts & Sports. For the Boys there's all the Beer, Food & Sport you can Handle, and for the Ladies "The Toilets". EAT: The Restaurant, Managed by Maurice, a Real English Chef with over 30 years experience. Dining available Inside, Out on the Terrace or in the Road. Serving Traditional Irish Fare, alongside International Favourites including ALL Day Big Bhoyo Breakfast, Fresh Aussie Chargrilled Steaks, Homemade Pies, Authentic Brummic Balti Curries, Sunday Roasts, Chef's Feature Dishes & More. Special Parties, Requests & Occasions can be catered for.

SLEEP: The Guesthouse offers 4 types of rooms, all with First Class Comforts. Standard. Deluxe, Superior & The Penthouse Suite. From 500 Baht/Night. NEW Dunlopillo - Sleep-Eze King Stzed Anti-Allergy & Termite Matresses & Beds. All the rooms have Air Conditioning, Private En-suite Bathroom, Hot & Cold Power Showers, Satellite TV, CD/DVD/MP3 Player, Fridge & Icebox, Kettle Free Beverages - Water, Tea & Coffee, Daily Maid & Full Laundry Service. Electronic Safe, Secure CCTV & Swipe Card, Cool, Clean & Comfortable Rooms.

SPORT: Broadcasts LIVE from Australia, Europe, Malaysia, South Africa, Thailand, US & The UK. Two Huge Screens - Be There, Size Matters. Open: Restaurant: 10 am till Midnight

Pub: 10 am till Drunk.

Price Range: B 120-350

Capacity: 80/120 Inside & Out.

Baan Rim Pa

Piano Bar/Restaurant

233 Prabaramee Road, North Patong/Kalim

Tel: 0-7634-1768, 0-7634-0789

This award winning restaurant offers not only fine dining and great location but place to sit back and enjoy live Jazz nightly (except Mondays). You can relax at the bar or around the grand piano and listen to the internationally acclaimed Tommy Doyle on keyboard and Bolek Peplowski on saxophone and clarinet.

Joe's Downstairs

233/2 Prabaramee Road, North Patong/Kalim

Tel: 0-7634-4254, 0-7634-4927

Located next to the famous Baan Rim Pa, Joe's offers something completely unique. Modern, crisp white decor with comfortable lounge and deck seating and a long white terrazzo bar blend with blue ocean only feet away. Fabulous cocktails and wines, plus icy cold beer. Great place for long afternoon drinks, before dinner or late night fun.

Mellow Café Bar

Bar

Kata Centre, on the road to the beach

Just next to Kata Spa Tel: 081-535-3220

Chill out at Mellow café bar.

Located within 300 metres of Kata beach we offer cocktails, an extensively stocked bar, shakes, teas and real coffee.

We are proud of our unique location and atmosphere. Set amidst lush tropical gardens and designed for your relaxation.

Pool table. Massive music collection (from ambient through Soul, Jazz, Blues, Funk, R'n'B, Contemporary Classics to Latin/Beach house).

Football and major sporting events shown (but the music never stops!)

Open: 4pm 'til late

Cocktails start @US\$2

Nikita's

Thai & International

44 Rawai Beach Rd, Rawai Beach, Phuket

Tel: 081-272-0561

Southern Phuket's best kept secret, Nikita's at Rawai is one of the island's favourite watering holes.

The absolute seafront, garden sala café-bar with fantastic island views, a shady setting and deliciously cool sea breeze is unbeatable for relaxing away balmy afternoons and evenings. Time means nothing at Nikita's.

Located on peaceful Rawai Beach, Nikita's well-trained team offers real Thai hospitality to guests - who sit happily, daydreaming for hours, observing life on the water and chatting with friends.

The extensive menu of authentic Thai specialty meals, light snacks and western favourites - along with a quality selection of fine wines by the glass, cool cocktails, icy cold beers, delicious fruit shakes, an excellent coffee menu and service with a smile - seems to be a winner with visitors and the many frequent locals who make Nikita's a second home.

Dine or relax under sala, at garden tables or outdoors by the seaside.

Great food, great music, great wine, great friends.

Open: 9am till late Price: B70-300

Capacity: inside seating: 50 outside: 60

White Box restaurant

Mediterranean

247/5 Prabaramee Rd., Patong, Kathu, Phuket, Thailand

Reservation

By telephone: +66-(0)076-346-271 Ext. I By email: rsvp@whiteboxrestaurant.com

On top of White Box restaurant our guests can enjoy an astonishing uninterrupted view of Patong Bay in a roof top lounge designed to make your evening unforgettable.

It is an ideal place for a relaxing after-dinner drink, a romantic sunset cocktail, or jut to enjoy a chilled bottle of Champagne.

We aim to surprise our clientele with new cocktails designed by our specially trained White Box bar team and also offer a range of outstanding "tapas" snacks to accompany your drinks, prepared specially by our Mediterranean Chef, Laurent Tollari.

Ambience also plays a major role for White Box and our lighting and music are thoughtfully selected to enhance your experience. Our guests can enjoy our in-house Jazz band and specially invited DJ's spinning chill-out exotic rhythms.

Open Daily from 4 pm until late



Baan Rim Pa

Piano Bar/Restaurant

233 Prabaramee Road, North Patong/Kalim Tel: 0-7634-1768, 0-7634-0789

Renowned for being Phuket's No1 award winning restaurant it also offers not only fine dining and great location but fabulous live Jazz nightly (except Mondays). You can relax at the bar or around the grand piano and listen to the internationally acclaimed Tommy Doyle on keyboard and Bolek Peplowski on saxophone and clarinet.

Ratri Jazztaurant

Thai

up on Kata hill behind Big One convenience store

Kata Beach

Tel: 076-333-538

E-mail: info@ratrijazztaurant.com

Website: www.ratrijazztaurant.com

Located in an awe-inspiring, contemporary Oriental building perched 65m above sea level facing the beautiful Kata Bay, Ratri Jazztaurant treats you to the spiciest live jazz on the island.

Don't miss their unparalleled panoramic view of the sunset at Kata for cocktail hour while being bathed in the soothing, sophisticated tones of true jazz or make an evening of it and enjoy some traditional Thai cooking with unexpected influences.

Open: daily 17:00 till late

Live Band: 20:30 till late

Cocktails: Full Bar & Imported Wines

Seduction Discotheque

39/1 Bangla Rd. Patong Beach

Tel: 076 340 215

E-mail: seduction.discotheque@gmail.com

Website; www.seductiondiscotheque.com, www.sk-ravintolat.fi

SK Restaurant, the largest Night Club Network in Finland, launched its first night club outside Europe.

Seduction Discotheque is situated at Bangla Road, Patong, known already for its lively and active nightlife.

Seduction sets new standards for nightclubs in the area with its extravagant and high-class interiors designed to every last detail. The stage of art sound, audio and lighting system create an atmosphere yet to bee seen in the area. The music played by various DJs varies from the latest hits to all time great disco classic from the 70s and 80s. "MTV Beach Party" - Every Wednesday Night

"Ladies Night" - Monday Night - Free entry for Ladies all night.

"Music" -World's latest Dance Music,

Open Daily from 10PM till Late

The Green Man

Live Entertainment

82/15 Moo 4, Patak Road, T.Rawai, A.Muang, Chalong

Tel: 076-281-445 - 50 / 081-894-7736

E-mail: info@the-green-man.net Website: www.the-green-man.net

Credit Cards: Visa, MasterCard . JCB,

American Express and Diners Customers Welcome

Not a tourist trap, The Green Man is a traditional English Country Pub, situated in the heart of Phuket. It is where most of the long-term residents call home, away from the hassle of the busier areas of the island. It is utterly authentic, built to ancient areane designs, if you go, get them to take you on the tour of the Three Floors Of Life, it is a fascinating journey through the ancient beliefs of the all the world's nations.

It is also a great deal of fun, they have enthusiastic British management always on the premises and the customers are from a broad cross section of cultures and countries. Live entertainment, a regular pub quiz and theme parties plus the largest selection of draught beer in Phuket, including Guinness and Kilkenny.

It is also the favorite haunt of Phuket's kids, they have a three and half acre landscaped garden, including a great kid's playground and they also have a well-planned children's menu featuring all the stuff they love. They celebrate all the major western festivals, so your kids don't have to miss out.

The pub itself has a fabulous menu of British Pub Grub at very reasonable prices, a wine cellar, cigar divan and large screen television for sports and children's classic films and cartoons when it rains.

Their Roast Sunday Lunch (Yorkshire pudding, Roast Beef etc) is a legend on the island and kids eat for free, every Sunday. Many visitors who go there make it their second home for the duration of their stay and quickly become part of the family of the pub.

The Terrace

Sports Bar & Restaurant

Above Jaspal Tailors - Karon Branch

Karon Beach

Burgers, Fries, Pizza, Tacos, Nachos - all the goodies!

Sports on 3 wide-screen Plasma TVs.

Open Daily: 16:00 till late Cocktails: Beer, Wine, Full Bar

TERMS USED



COOKING TECHNIQUES MI

AND FLAVOURINGS
Kaeng: Curry

Phed: Red curry paste made with red chilli and coconut milk Kiew Wan: Green curry paste made with green chilli and coconut milk

Par: Red curry

Som: Spicy and sour soup

with tamarind juice

Panang: Dry aromatic

peanut curry

Grathiam Prig Thai: Fried with garlic and Hot Pepper

Kee Mow: With kaffir lime

leaves and chilli

Praew Wan: Sweet and sour

Prik Gaprow: Fried with chilli and basil leaves

Yang: Barbecued

Yam: Spicy and sour Phad: Sauteed

Ob Mor Din: Steamed in a pot



MEATS & SEAFOOD

Gai: Chicken

Moo: Pork

Nuea: Beef Ped: Duck

Pla: Fish

Hoi: Shellfish

Goong: Prawn

Pla Mueg : Squid Poo : Crab



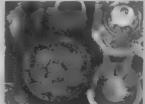
VEGETABLES

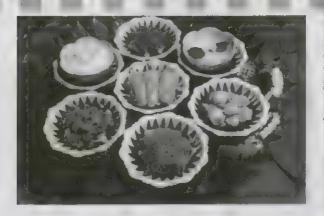
Grathiam: Garlic Khing: Ginger Hed: Mushrooms Fuk Thong: Pumpkin Pak Kard: Lettuce

Kalumpree: Cabbage Pak Chee: Parsley Tang Kva: Cucumber

Thua Ngork: Bean sprout Phad Pak: Sauteed mixed

vegetable





RICE

Khao Suay: Steamed rice Khao Tom: Boiled rice Khao Niew: Sticky rice Khao Phad: Fried rice (with chicken / pork or seafood)

STARTERS

Mee Groh: Sweet crispy noodles Kiew Groh: Little flated pastry cases filled with minced pork Popia: Spring rolls filled with shredded meat / or fish and glass noodles
Tod Mun: Deep fried fish /

Crab or shrimp cake

Grathong Thong: Minced meats with herbs in pastry shells

SALAD / SOUPS

Gueng Jued: Clear and mild soup Poh Tak: Spicy mixed seafood soup with lemon grass Tom Kar: Sour and spicy soup with coconut milk (usually chicken)

Tom Yam: Sour and spicy soup (usually chicken or prawn) Som Tam: Papaya salad

Larb: Minced meats with Thai herbs

NOODLES

Guay Thiew: Noodles
Sen Mee: Rice vermicelli
Ba Mee: Egg noodle
Woonsen: Glass noodle

Phad Thai: Fried noodle Thai style with stuffed egg

Phad Si-iew: Fried noodle with meat in soy sauce Radd Nah: Noodle in light

gravy

SAUCES

Nammun Hoi: Oyster sauce, strong and salty
Nam Prik: Thai sauce (dip

with shrimp paste and chilli)

Nam Pla: Fish sauce
(sometimes with chilli and lime juice)



FRUITS

Saparot: Pineapple Ma-muang: Mango Kluey: Banana

Ngor: Rambutan Ma-prow: Coconut

Mala-kor: Papaya
Som: Orange

Champoo: Rose apple Noi-na: Custard Apple

NAVRANG + MAHAL INDIAN RESTAURANT



India at

n Patong for the lavrang Mahal ppened our new Vavrang Mahal last 14 years, we recently Indian

restaurant in rol: 076-292-280/1 (Patong) Tol: 076-286-464

Now also open in Karon at Karon Sea Sands



PASTA & NOODLE ...KARON

Luang Pho Chuan Rd., Soi Sunset, Karon Tel: 076-398-462

OPEN FOR LUNCH & DINNER

See Patong and Karon maps for locations

Mediterranean & Thai Cuisine

B

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Seaview Roof Top Bar



Dining Beachfront



Dining VIP Room



*Stylish & Unique Taste of Phuket"

Reservation: 076-346271 rsvp@whiteboxrestaurant.com Complimentary Transfer Service



ww.whiteboxrestaurant.com

247/5 Prabaramee Rd , Kalim Beach











www.Karon-Beach-Hotel.com



WE USE TOP QUALITY INGREDIENTS, PREPARE THEM WITH CARE & SELL AT LOW FAIR PRICES

TEL: 076-396-217 FAX: 076-398-349 E-MAIL: reservation@karon-beach-hotel www.Karon-Beach-Hotel.com





























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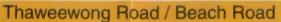
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www.ThaiTravelCard.com





Patong Beach - Map of Bangla Road











Patong

Beach

Hotel









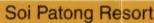
Soi Easy



Soi Gonzo

Soi Crocodile







Pasta & Noodle Please call us for free transport from Patong





Baan 1 Sukothai

Soi Bangla Square





To Karon

Vinothek House of Wine





Ocean Department Store



Bangla Night Plaza

Soi Sea Dragon



Soi Eric











Rath-U-Thit/Song Roy Pee Road

CARREFOUR

JUNGCEYLON

